

ULNAR COLLATERAL LIGAMENT REPAIR WITH INTERNAL BRACE PROTOCOL

This protocol provides general guidelines for initial stage and progression of rehabilitation according to specified time frames, related tissue tolerance and directional preference of movement. The intent is to provide the therapist with a general framework. Twin Cities Orthopedics staff will provide contact information for further individual-specific rehabilitation progression consultation and general questions regarding specific patients. Please fax initial assessment and subsequent progress notes directly to Dr. Corey Wulf at 952-944-0460.

PHASE I: Days 0- ~10 days

Treatment Strategy

- Splint, sling for comfort
- Elevation
- Active hand motion
- Pendulums for shoulder

Goals

- Promote graft healing, reduce pain and swelling

PHASE II: Weeks 2-4

Goals

- Gradually restore elbow joint ROM
- Improve muscular strength and endurance
- Normalize joint arthrokinematics

Week 2: Posterior splint will be discontinued at first post op appointment with Dr. Wulf ~10 days post op and then fit in a hinged elbow brace

- Progress elbow ROM brace (30°-110°)
- Elbow AAROM/PROM exercises
 - Initiate AROM elbow
 - Initiate AROM shoulder joint
 - Scapular strengthening exercises
 - Progress to light isotonic strengthening

Week 3: Progress elbow ROM to 10°-125°

- Initiate Thrower's Ten Exercise Program

PHASE III: Weeks 4-8

Goals

- Restore full elbow ROM
- Progress UE strength
- Continue with functional progression

Week 4: Progress elbow ROM to 0°-145°

- Progress to Advanced Thrower's Ten Program
- Progress elbow & wrist strengthening exercises

Week 6: Initiate 2 hand Plyometrics

- Discontinue brace at 6 weeks

Week 8: Progress to 1 hand Plyometrics

- Continue with Advanced Thrower's Ten Program
- Prone Planks

PHASE IV: Weeks 9-16

**Criteria to progress to Advanced Phase

- Full non-painful ROM
- No pain or tenderness
- Isokinetic test that fulfill criteria to throw
- Satisfactory clinical exam
- Completion of rehab phases without difficulty

Goals

- Advance strengthening exercises
- Initiate Interval Throwing Program
- Gradual return to throwing

Week 9:

- Continue all strengthening exercises
- Advanced Thrower's Ten Program
- Plyometrics program (1 & 2 hand program)
- Side planks

Week 10:

- Seated machine bench press

Week 11-16:

- Initiate Interval Throwing program week 11-12 (long toss program) Phase I
- Initiate Interval Hitting program (week 10)
- Continue all exercises in week 9

Week 16-20:

- Initiate Interval Throwing program Phase II (off mound program)
- Initiate mound throwing when athlete is ready & completed ITP Phase I

PHASE V: Return to Play Weeks 16>

Goals

- Gradual return to competitive throwing
- Continue all exercises & stretches

Week 16>:

- Initiate gradual return to competitive throwing
- Perform dynamic warm-ups & stretches
- Continue Thrower's Ten Program
- Return to competition when athlete is ready
(Physician Decision)