



## TJ Ridley, MD

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### Elbow UCL Reconstruction Rehabilitation Protocol

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
<b>Phase 1 (0-1 weeks)</b> Goals: <ul style="list-style-type: none"> <li>Pain and edema control</li> <li>Protect repair and healing tissues</li> </ul>	<ul style="list-style-type: none"> <li>Brace locked at 90°</li> </ul>	<ul style="list-style-type: none"> <li>None for first week</li> <li>Cryotherapy elbow and wrist (graft harvest site)</li> </ul>	<ul style="list-style-type: none"> <li>Gentle hand/wrist/shoulder ROM</li> <li>Scapular stabilizing exercises</li> <li>Gentle rotator cuff strengthening</li> </ul>
<b>Phase 2 (2-4 weeks)</b> Goals: <ul style="list-style-type: none"> <li>Decrease pain/inflammation</li> <li>Protect healing tissue</li> <li>Maintain shoulder/scapular ROM and strength</li> </ul>	<ul style="list-style-type: none"> <li>Hinged elbow brace locked at 90 when upright</li> </ul>	<ul style="list-style-type: none"> <li>Brace unlocked for ROM exercises               <ul style="list-style-type: none"> <li>Week 2: 30° to 90°</li> <li>Week 3: 20° to 100°</li> </ul> </li> <li>Week 4: 10° to 110°</li> <li>Full A/PROM pronation</li> <li>Full AROM supination, no supination stretching</li> </ul>	<ul style="list-style-type: none"> <li>Gripping exercises</li> <li>Hand/Wrist/Shoulder ROM</li> <li>Shoulder isometrics (No shoulder IR-stress on medial elbow)</li> <li>Biceps isometrics</li> <li>Elbow extension isometrics</li> <li>Scar Tissue Mobilization and edema control</li> </ul>
<b>Phase 3 (5-6 weeks)</b> Goals: <ul style="list-style-type: none"> <li>Achieve full PROM</li> </ul>	<ul style="list-style-type: none"> <li>Hinged elbow brace unlocked full ROM</li> </ul>	<ul style="list-style-type: none"> <li>Progress to full PROM</li> <li>Maintain full ROM pronation/supination</li> <li>Progress to AROM supination</li> </ul>	<ul style="list-style-type: none"> <li>Begin light resistance (1 lb)               <ul style="list-style-type: none"> <li>Wrist curls, extension, pronation, supination</li> <li>Elbow flexion/extension</li> </ul> </li> <li>Progress shoulder program               <ul style="list-style-type: none"> <li>Emphasis on cuff strengthening</li> <li>No IR against resistance</li> </ul> </li> <li>Initiate shoulder strengthening with light dumbbells</li> </ul>
<b>Phase 4 (7-8 weeks)</b> Goals: <ul style="list-style-type: none"> <li>Full A/PROM</li> </ul>	<ul style="list-style-type: none"> <li>D/C brace</li> </ul>	<ul style="list-style-type: none"> <li>Start AAROM and progress to full AROM elbow</li> </ul>	<ul style="list-style-type: none"> <li>Initiate Thrower's Ten Program</li> <li>Progress elbow strengthening exercises</li> <li>Initiate shoulder IR strengthening</li> <li>Progress shoulder program</li> <li>Initiate diagonal patterns</li> </ul>
<b>Phase 5 (9-12 weeks)</b> Goals	<ul style="list-style-type: none"> <li>N/A</li> </ul>	<ul style="list-style-type: none"> <li>Continue full A/PROM</li> </ul>	<ul style="list-style-type: none"> <li>Advance shoulder, elbow, wrist strengthening as tolerated</li> </ul>

<ul style="list-style-type: none"> <li>• Maintain Full ROM</li> <li>• Advance shoulder, elbow, wrist strength and endurance</li> </ul>		<ul style="list-style-type: none"> <li>• Contact Dr. Ridley if full ROM not achieved</li> </ul>	<ul style="list-style-type: none"> <li>• Scapular stabilization and endurance</li> <li>• Advance Thrower's Ten Program</li> <li>• Initiate plyometric program</li> </ul>
<p><b>Phase 6 (13+ weeks)</b> Goals</p> <ul style="list-style-type: none"> <li>• Improve elbow flexion strength</li> <li>• Begin and advance throwing program</li> <li>• Begin swimming at 13 weeks</li> <li>• Return to golf (13 weeks if lead arm, 16 weeks if trailing arm)</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>	<ul style="list-style-type: none"> <li>• Continue full A/PROM</li> </ul>	<ul style="list-style-type: none"> <li>• Progress to heavier load lifting as tolerated per functional goals/needs</li> <li>• Continue Thrower's Ten Program</li> <li>• Initiate interval hitting program</li> <li>• Return to throwing program at 16 weeks <ul style="list-style-type: none"> <li>○ Begin with 45ft flat ground and advance as tolerated</li> <li>○ Throwing from the mound after 7 months if flat ground throws w/o pain</li> </ul> </li> </ul>