



ELBOW MEDIAL ULNAR COLLATERAL LIGAMENT REPAIR

Name: _____

Diagnosis: _____

Date of Surgery: _____

Frequency: 1 2 3 4 times / week Duration: 1 2 3 4 5 6 Weeks

____ Days 0-7:

- Splint at all times. Shoulder/scapular isometrics. OK for wrist PROM and AROM

____ Week 2:

- Apply hinged elbow brace with 30-110 degrees ROM setting
- Begin with PROM and progress to gentle AAROM and AROM elbow and wrist
- Ok for gentle and continuous overpressure to reach ROM goals
- Avoid valgus elbow forces during elbow positioning and exercises
- Gentle submaximal isometrics for shoulder, elbow, wrist flexors/extensors, grip muscles

____ Week 3:

- Brace set to 10-120 degrees ROM setting; continue above (week 2) exercises

____ Week 4-6:

- Brace set to allow full ROM – PROM/AAROM/AROM allowed
- Isotonic exercises with light resistance for shoulder, elbow, wrist flexors/extensors, grip muscles (avoid valgus force on elbow – i.e. with shoulder IR work)

____ Week 6-9:

- Discontinue elbow brace and start Advanced Thrower's Ten Program
- Two-hand plyometrics (chest pass, side to side throw, overhead pass)
- Week 8: Progress to one-hand plyometrics (90/90 ball throw, 0 degree ball throw)

____ Week 10-16:

- Seated chest press machine, seated rowing machine, biceps/triceps cables, batting program
- Week 12: Interval throwing program (Phase 1 – no mound) begins

____ Week 16+:

- Initiate Phase 2 of interval throwing program if Phase 1 complete

____ Week 20+:

- Begin return to competitive throwing based on progressions

Signature _____

Date: _____