



## POST-OPERATIVE REHABILITATION PROTOCOL FOLLOWING ULNAR COLLATERAL LIGAMENT RECONSTRUCTION USING AUTOGENOUS PALMARIS LONGUS GRAFT

### I. **IMMEDIATE POST-OPERATIVE PHASE (0-3 weeks)**

Goals: Protect healing tissue  
Decrease pain/inflammation  
Retard muscular atrophy  
Protect graft site – allow healing

#### A. **Post-Operative Week 1**

Brace: Posterior splint at 90 degrees elbow flexion

Range of Motion: Wrist AROM ext/flexion immediately postoperative

Elbow postoperative compression dressing (5-7 days)  
Wrist (graft site) compression dressing 7-10 days as needed

Exercises: Gripping exercises  
Wrist ROM  
Shoulder isometrics (No Shoulder ER)  
Biceps isometrics

Cryotherapy: To elbow joint and to graft site at wrist

#### B. **Post-Operative Week 2**

Brace: Elbow ROM 25-100 degrees  
(Gradually increase ROM – 5 degrees Ext/10 degrees of Flex per week)

Exercises: Continue all exercises listed above  
Elbow Range of Motion in brace (30-105 degrees)  
Initiate elbow extension isometrics  
Continue wrist ROM exercises  
Initiate light scar mobilization over distal incision (graft)

Cryotherapy: Continue ice to elbow and graft site

#### C. **Post-Operative Week 3**

Brace: Elbow ROM 15-115 degrees

Exercises: Continue all exercises listed above  
Elbow ROM in brace  
Initiate active ROM Wrist and Elbow (No resistance)  
Initiate light wrist flexion stretching  
Initiate active ROM shoulder;  
-Full can  
-Lateral raises  
-ER/IR tubing  
-Elbow flex/extension

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Initiate light scapular strengthening exercises  
May incorporate bicycle for lower extremity strength & endurance

## II. **INTERMEDIATE PHASE (Week 4-7)**

Goals: Gradual increase to full ROM  
Promote healing of repaired tissue  
Regain and improve muscular strength  
Restore full function of graft site

### A. **Week 4**

Brace: Elbow ROM 0-125 degrees

Exercises: Begin light resistance exercises for arm (1 lb)  
- Wrist curls, extensions, pronation, supination  
- Elbow extension/flexion  
Progress shoulder program emphasize rotator cuff and scapular strengthening  
Initiate shoulder strengthening with light dumbbells

### B. **Week 5**

ROM: Elbow ROM 0-135 degrees  
Discontinue brace

Continue all Exercises: Progress all shoulder and UE exercises (progress weight 1 lb.)

## Week 6

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AROM: 0-145 degrees without brace or full ROM

Exercises: Initiate Thrower's Ten Program  
Progress elbow strengthening exercises  
Initiate shoulder external rotation strengthening  
Progress shoulder program

## Week 7

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Progress Thrower's Ten Program (progress weights)  
Initiate PNF diagonal patterns (light)

## III. **ADVANCED STRENGTHENING PHASE (Week 8-14)**

Goals: Increase strength, power, endurance  
Maintain full elbow ROM  
Gradually initiate sporting activities

### A. **Week 8**

Exercises: Initiate eccentric elbow flexion/extension  
Continue isotonic program: forearm & wrist  
Continue shoulder program – Thrower's Ten Program  
Manual resistance diagonal patterns  
Initiate plyometric exercise program  
(2 hand plyos close to body only)  
-Chest pass  
-Side throw close to body

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Continue stretching calf and hamstrings

**B. Week 10**

Exercises: Continue all exercises listed above  
Program plyometrics to 2 hand drills away from body  
-Side to side throws  
-Soccer throws  
-Side throws

**C. Week 12-14**

Continue all exercises  
Initiate isotonic machines strengthening exercises (if desired)  
-Bench press (seated)  
-Lat pull down  
Initiate golf, swimming  
Initiate interval hitting program

**IV. RETURN TO ACTIVITY PHASE (Week 14-32)**

Goals: Continue to increase strength, power, and endurance of upper extremity musculature  
Gradual return to sport activities

**A. Week 14**

Exercises: Continue strengthening program  
Emphasis on elbow and wrist strengthening and flexibility exercises  
Maintain full elbow ROM  
Initiate one hand plyometric throwing (stationary throws)  
Initiate one hand wall dribble  
Initiate one hand baseball throws into wall

**B. Week 16**

Exercises: Initiate interval throwing program (Phase I) [long toss program]  
Continue Thrower's Ten Program and plyos  
Continue to stretch before and after throwing

**C. Week 22-24**

Exercises: Progress to Phase II throwing (once successfully completed Phase I)

**D. Week 30-32**

Exercises: Gradually progress to competitive throwing/sports