

ULNAR COLLATERAL LIGAMENT REVISION/CONSTRUCTION + FLEXOR TENDON REPAIR

Phase I- Acute Protective Phase (0 – 3 Weeks Post-op)

Goals:

- Protect healing tissues and minimize deleterious stresses
- Decrease pain, inflammation and swelling
- * NO RESISTIVE WRIST/GRIP STRENGTHENING UNTIL 12 WKS

Days 0 - 21:

- Elbow brace locked at 90° of elbow flexion
- NO Wrist ROM
- Light finger AROM opposition touches
- Active Cervical AROM
- Active Scapular AROM

Phase II – Subacute Protective Phase (3 - 8 Weeks Post-op)

Goals:

- Gradually increase ROM to attain full ROM by 8 – 9 weeks post-op
- Elbow brace protection for 8 weeks post-op
- Promote healing of tissue and wounds

3 Weeks Post-op:

- Adjust Brace to Block 50 deg extension, 90 deg flexion
- Initiation of Wrist/Finger AROM all directions as tolerated
- In Brace locked at 90 degrees: AROM 3 way shoulder raise
- Stationary lower extremity bike
- Body Weight Squats

4 Weeks Post-op:

- In Brace locked at 90 degrees: Shoulder Isometrics (Ext, Abd)
- May progress 3 way shoulder raises by placing cuff weight on proximal humerus above brace
- Initiation of scar massage if wounds well healed

5 Weeks Post-op:

- Adjust Brace to Block 30 deg extension, 100 deg flexion
- In Brace locked at 90 degrees: Progress Shoulder Isometrics (add Flexion)

6 Weeks Post-op:

- Adjust Brace to Block 20 deg extension, 110 deg flexion
- In Brace locked at 90 degrees: Progress Shoulder Isometrics (add ER)



Home to the Texas Rangers

7 Weeks Post-op:

- Adjust Brace to Block 10 deg extension, 120 deg flexion

8 Weeks Post-op:

- Adjust Brace to full range of motion
- In Brace locked at 90 degrees: Progress Shoulder Isometrics (add light IR)
- Initiation of wrist flexion/extension stretches as tolerated

Phase III – Initial Strengthening Phase (8 – 12 Weeks Post-op)**Goals:**

- Introduction of shoulder/scap program

8-12 Weeks Post-op:

- AROM elbow flexion/extension/pronation/supination
- Wrist Cuff Weights: Supine Protraction, Sidelying ER, Prone Row, Prone Shoulder Extension, Prone Shoulder Horizontal Abduction at 90 deg and 120 deg

Phase IV – Progressive Strengthening Phase (12 – 36 Weeks Post-op)**Goals:**

- Initiation of wrist/forearm/arm strengthening
- Progress scap/cuff isotonic
- Progress legs/core strengthening

12 Weeks Post-op:

- Initiate 1lb wrist strengthening. Progress 1 lb per week
- Initiate bicep curl 1 lb per week

15 Weeks Post-op:

- Putty gripping

20 Weeks Post-op:

- Initiate light tricep extension pressdowns with supinated or neutral grip. No pronated grip with combined resistive tricep extension.
- Initiate Rice Bucket

24 Weeks Post-op:

- BodyBlade work
- Manuals/Rhythmic Stabilizations

30 Weeks Post-op:

- Ball drops

34 Weeks Post-op:

- 2 handed UE plyos (chest pass, overhead, chops)

35 Weeks Post-op:

- 1 handed UE plyos (IR/ER at neutral, 90/90 IR)

Phase V – Return to sport activities (9 months – 18 months post-op)

- 9 months post-op: Initiate Interval Throwing Program
- 12 months post-op: Interval Mound program
- 15-16 months post-op: Face Batters
- 18 months post-op: Game situations

Criteria for return to play:

- Physician approval
- Full, non-painful ROM
- Satisfactory strength test
- Satisfactory clinical exam
- Satisfactory completion of interval sport program