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**CHRONIC ULNAR COLLATERAL LIGAMENT RECONSTRUCTION USING AUTOGENOUS GRAFT
GUIDELINES**

I. IMMEDIATE POST-OPERATIVE PHASE (0-3 WEEKS) Goals: Protect healing tissue Decrease
pain/inflammation Retard muscular atrophy

A. POST-OPERATIVE WEEK 1

Brace – Posterior splint at 90 degrees elbow flexion

Range of Motion – Wrist AROM ext./flexion

Elbow compression dressing (2-3 days)

Exercises:

- Gripping exercises
- Wrist ROM
- Shoulder isometrics (**No Shoulder ER)
- Biceps isometrics
- Cryotherapy

B. POST-OPERATIVE WEEK 2

Brace – Application of functional brace set at 30-100 degrees

Exercises:

- Initiate wrist isometrics
- Initiate elbow flexion/extension isometrics
- Continue all exercises listed above

C. POST-OPERATIVE WEEK 3

Brace – Advance brace 15-110 degrees (Gradually increase ROM 5 degrees extension/10 degrees flexion per week)

Exercises:

- Continue all exercises listed above

II. INTERMEDIATE PHASE (WEEKS 4-8)

Goals: Gradual increase in range of motion Promote healing of repaired tissue Regain and improve muscular strength

A. WEEK 4

Brace – Functional brace set 10-120 degrees

Exercises:

- Begin light resistance exercises for arm (1 lb.)
 - Wrist curls, extensions, pronation, supination
 - Elbow extension/flexion
- Progress shoulder program, emphasize rotator cuff strengthening (Avoid external rotation until 6th week)

B. WEEK 6

Brace – Functional brace set 0-130 degrees; AROM (0-145 degrees without brace)

Exercises:

- Progress elbow strengthening exercises
- Initiate shoulder external rotation strengthening
- Progress shoulder program

III. ADVANCED STRENGTHENING PHASE (WEEKS 9-13)

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

A. WEEK 9

Exercises:

- Initiate eccentric elbow flexion/extension
- Continue isotonic program; forearm & wrist
- Continue shoulder program – Throwers Ten Program
- Manual resistance diagonal patterns
- Initiate plyometric exercise program

B. WEEK 11

Exercises:

- Continue all exercises listed above
- May begin light sport activities (i.e., golf swimming)

IV. RETURN TO ACTIVITY PHASE (WEEKS 14-26)

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

A. WEEK 14

CHRONIC ULNAR COLLATERAL LIGAMENT RECONSTRUCTION USING AUTOGENOUS GRAFT GUIDELINES Exercises:

- Initiate interval throwing program (phase 1)
- Continue strengthening program
- Emphasis on elbow and wrist strengthening and flexibility exercises

B. WEEKS 22-26

Exercises:

- Return to competitive throwing **CHRONIC ULNAR COLLATERAL LIGAMENT RECONSTRUCTION USING AUTOGENOUS GRAFT GUIDELINES**