



Mid-America Orthopedics

Dr. John Babb

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ELBOW UCL RECONSTRUCTION PROTOCOL

Day 1 - 6 Post-op

- **PRECAUTIONS**
 - PT removes bandages at first PT visit 1 week post-op, keep steri-strips intact until Dr Babb can remove them.
 - No ointments, betadine etc should be used on the incisions or portals.
 - If any drainage/oozing is present recover with 4x4's, and notify Dr Babb (may need antibiotics).
 - **NO ice bags** on any oozing or open wounds without being covered first with a bandage.
 - If any wounds are oozing delay range of motion until wounds are closed and healed.
 - **NO water on wounds** for 2 weeks (including showers) even if covered, no submersion of wounds in water (baths) until incisions are scars.
- **Brace:** Locked at 90 degrees elbow flexion. **No ROM for first week.**
- **ROM:** Wrist AROM ext/flexion
- **Strengthening:**
 - Gripping exercises
 - Shoulder isometrics (**No Shoulder ER**)
 - Biceps isometrics

Day 7 - 13 Post-op

- **Brace:** Opened to allow 25-100 degrees of motion
- **ROM:**
 - AROM in brace
 - Continue wrist ROM exercises
- **Strengthening:** Continue all exercises listed above
 - Initiate elbow extension isometrics

Day 14-20 Post-op

- **Brace:** 10-120 degrees
- **ROM:**

- Continue AROM in brace
- Initiate light wrist flexion stretching
- Initiate AROM shoulder
- **Strengthening:** Continue all exercises listed above
 - ER/IR tubing
 - Initiate light scapular strengthening exercises
 - May incorporate bicycle for lower extremity strength & endurance

Day 21-27 Post-op

- **Brace:** unlocked: 0-125 degrees
- **ROM:** Continue all exercises listed above
- **Strengthening:**
 - 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

Day 28-34 Post-op

- **Brace:** unlocked: 0-135 degrees
- **ROM:** Continue all exercises listed above
- **Strengthening:** Progress all shoulder and UE exercises (progress weight 1 lb)

Day 35-41 Post-op

- **Brace:** unlocked: 0-145 degrees
- **ROM:** Continue all exercises listed above
- **Strengthening:** Progress all shoulder and UE exercises (progress weight 1 lb)

6 Weeks Post-op

- **Brace:** Discharge brace
- **ROM:** Progress to full ROM
- **Strengthening:**
 - Initiate Thrower's Ten Program
 - Progress elbow strengthening exercises
 - Initiate shoulder external rotation strengthening
 - Progress shoulder program

7 Weeks Post-op

- **Strengthening:**
 - Progress Thrower's Ten Program with resistance
 - Initiate PNF diagonal patterns (light)

8-10 Weeks Post-op

- **Strengthening:** :
 - 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

10-12 Weeks Post-op

- **Strengthening:** Continue all exercises listed above
 - Progress plyometrics to 2 hand drills away from body
 - Side to side throws
 - Soccer throws
 - Side throws

3-4 Months Post-op

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

4-5 Months Post-op

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

5-6 Months Post-op

- **Activity:** Progress to Phase II throwing (once successfully completed Phase I)

6 Months Post-op

- **Activity:** Gradually progress to competitive throwing/sports

Patient progression during the time frames along with general modality and exercise choice is left up to the discretion of the treating therapist. If you have any questions regarding this protocol, please contact (316) 630-9300.