

Jeremy Woodson, MD
Board Certified Orthopedic Surgeon

Phone: 405-230-9540 • Appointments: 405-230-9270 • Fax: 405-230-9541

www.jeremywoodsonmd.com

**WOODSON ULNAR COLLATERAL LIGAMENT
RECONSTRUCTION REHAB**

General Info:

This is a list of general guidelines for a total shoulder rehab program. These guidelines may change based on fixation, condition of repaired tissue, variations in surgical procedures, age, and patient's response to treatment. Please call our office if there are any questions.

Post-Op Days 1-10

- No physical therapy unless ordered by the physician

Post-Op Weeks 1-3: Phase 1

- ROM 0-90° by day 10
- AROM: wrist flexion/extension and finger flexion/extension
- PROM: elbow flexion/extension may (week 2)
- Grip strengthening with putty or ball
- Initiate shoulder isometrics **NO ER**
- Initiate submaximal bicep isometrics (week 1)
- Initiate submaximal wrist isometrics and submaximal elbow/flexion/extension isometrics (week 2)
- Brace with elbow immobilizer with sling 0-90° (week 1)
- Brace with functional brace 30-100° (week 2)
- Brace with functional brace 15-110° (week 3)
- Modalities: e-stimulation as needed, ice 15-20 minutes

Post-Op Weeks 4-8: Phase 2

- ROM 0-145° by week 6
- Continue ROM activities from Phase 1
- AROM: elbow (week 6)
- Continue to progress strength training from Phase 1
- Initiate light resistance exercises, light wrist flexion/extension, forearm pronation/supination, light elbow flexion/extension
- Shoulder strengthening program
- Rotator cuff program, **NO ER** until week 6
- Brace with functional brace 10-120° (week 4)
- Brace with functional brace 0-130° (week 6)
- Modalities: ice 15-20 minutes

WOODSON ULNAR COLLATERAL LIGAMENT RECONSTRUCTION REHAB

Post-Op Weeks 8-12: Phase 3

- Full ROM
- Initiate eccentric elbow flexion/extension
- Progress elbow flexion/extension isotonics
- Progress shoulder isotonics
- Initiate manual resistance PNF patterns
- Initiate light bilateral plyometric program
- Initiate light sports specific training (week 11)
- Functional brace discontinued after week 6 or as directed by physician
- Modalities: ice 15-20 minutes

Post-Op Weeks 12-24: Phase 4

- Full ROM
- Continue with all strengthening activities increasing weights and repetitions
- Initiate interval throwing program (week 20)
- Initiate single arm eccentric activities
- Return to competitive throwing (months 7-9)
- Modalities: ice 15-20 minutes

Criteria for return to sports and previous activities:

- Satisfactory clinical examination as evidenced by adequate strength, flexion, stability and endurance
- Symptoms such as pain, swelling, or instability should be closely monitored