

Medial Elbow Ligament (UCL) Primary Repair

| | RANGE OF MOTION | BRACE | THERAPEUTIC EXERCISE |
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| PHASE I 1 - 4 weeks | Gentle Passive ROM Starting with 30-90°. Advance as tolerated. Avoid valgus stress. | Splint removed at 1 week visit. Hinged brace set at 30-90°. Unlock to advance 10-15° on each end per week. Worn at all times except for hygiene and therapeutic exercise. | Shoulder, wrist, hand ROM. Rotator cuff Scapular stabilizer strengthening with resistance above elbow. Balance, hip, core, LE strengthening. Modalities: heat before, ice after. Stationary bicycle for fitness. |
| PHASE II 4 - 6 weeks | Begin Active and AAROM Advance to full active extension and flexion. No forced full flexion. Avoid valgus stress. | Hinged brace on and unlocked for full flexion and extension. | Begin wrist flexion and extension exercises. Avoid active pronation. Progress rotator cuff and scapular strengthening. |
| PHASE III 6 - 10 weeks | Progress to full motion. Correct deficits. Avoid valgus stress. | Discontinue brace at 6 weeks. | Begin flexion and extension resistance training with elbow at side. Start 2 hand plyometrics. 8 weeks: Advance to 1 hand plyometrics and closed chain strengthening. Advanced rotator cuff, scapular stabilizer strengthening. Continue plyometric program. Posterior RC eccentrics. Start running. Continue LE, core strengthening. |
| PHASE IV 10 - 16 weeks | Full painless motion. | None. | Begin isometric strengthening in the 90/90 position. Add rotational strengthening. Allow gentle throw back exercises. Begin interval hitting progression. |
| PHASE V 16 - 24 weeks | Full. | None. | Start return to throwing program. (see additional Protocol). Anticipate return to competitive pitching as tolerated after 6 months. |