

UCLA OUTPATIENT REHABILITATION SERVICES

WESTWOOD 1000 Veteran Ave., A level Phone: (310) 794-1323 Fax: (310) 794-1457	SANTA MONICA 1260 15 th St, Ste. 900 Phone: (310) 319-4646 Fax: (310) 319-2269
FOR APPTS, CALL: (310) 794-1323	
FAX: (310) 794-1457	
Place label here	
NAME OF PATIENT: _____	
MRN: _____	

Kristofer J. Jones, M.D.

Sports Medicine, Shoulder Surgery and Cartilage Restoration
UCLA Department of Orthopaedic Surgery
David Geffen School of Medicine at UCLA
10833 Le Conte Avenue, 76-143 CHS
Los Angeles, CA 90095-6902
Phone: (310) 825-6095
Fax: (310) 825-1311
CA License: A126262

ELBOW ULNAR COLLATERAL LIGAMENT RECONSTRUCTION
PHYSICAL THERAPY PRESCRIPTION

Diagnosis: s/p (LEFT / RIGHT) UCL Reconstruction – Date of Surgery: _____

Associated Pathology / Procedure: _____

POST-OPERATIVE PHASE I (WEEKS 1-4)

Goals:

- Promote healing: reduce pain, inflammation and swelling
- Begin to restore ROM to 30° to 105°
- Promote independence in home therapeutic exercise program

Precautions:

- No PROM of the elbow
- Brace should be worn at all times

Emphasize:

- Elbow AROM in brace
- Following bracing instructions

Treatment Recommendations:

- Post-op Week 1: Splint a 50° to 60° flexion
- Post-op Weeks 1-3: Brace open from 45° to 90° flexion
- Post-op Week 4: Brace open from 30° to 105° flexion
- Elbow AROM in brace
- Wrist AROM
- Scapular isometrics
- Gripping exercises
- Emphasize patient compliance to HEP and brace precautions

Criteria for Advancement to Phase 2:

- Pain-free
- Full elbow ROM
- All UE strength 5/5

POST-OPERATIVE PHASE II (WEEKS 4-6)

Goals:

ROM 15° to 115°
Minimal pain and swelling

Precautions:

Continue to wear brace at all times
Avoid PROM
Avoid valgus stress

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Wear brace at all times
No PROM
No valgus stress

Treatment Recommendations:

Continue AROM in brace: Post-op Week 5: Brace open from 15° to 115° flexion
Begin pain-free isometrics in brace (deltoid, elbow flex / ext)
Manual scapula stabilization exercises with proximal resistance
Modalities as needed
Progress / advance patients home exercise program (evaluation based)

Criteria for Advancement to Phase 3:

ROM 15° to 115°
Minimal pain and swelling

POST-OPERATIVE PHASE III (WEEKS 6-12)

Goals:

Restore Full ROM
All UE strength 5/5
Begin to restore UE endurance

Precautions:

Minimize valgus stress
Avoid PROM by the clinician
Avoid pain with therapeutic exercise

Emphasize:

Full elbow ROM
No PROM by therapist
Pain-free exercise

Treatment Recommendations:

Continue AROM
Low intensity / long duration stretch for extension
Isotonics for scapula, shoulder, elbow
Begin IR / ER strengthening at 8 weeks
Begin forearm pronation / supination strengthening at 8 weeks
Upper body ergometer (id adequate ROM)
Neuromuscular drills
PNF patterns when strength is adequate
Incorporate eccentric training when strength is adequate
Modalities as needed
Emphasize patient compliance with home exercise program

Criteria for Advancement to Phase 4:

Pain-free

Full elbow ROM
All UE strength 5/5

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Goals:

Restore full strength and flexibility
Restore normal neuromuscular function
Prepare for return to activity

Precautions:

Avoid pain with plyometrics

Treatment Recommendations:

Advance IR / ER to 90/90 position
Full upper extremity flexibility program
Neuromuscular drills
Plyometrics program
Continued endurance training
Address trunk and lower extremities
Advance home exercise program
Begin light wrist / forearm exercises

Criteria for Advancement to Phase 5:

Complete plyometrics program without symptoms
Normal upper extremity flexibility

POST-OPERATIVE PHASE V: RETURN TO SPORT (MONTHS 4-9)

Goals:

Return to activity
Prevent re-injury

Precautions:

Significant pain with throwing or hitting
Avoid loss of strength or flexibility

Treatment Recommendations:

Begin interval throwing program at 4 months (see attached protocol)
Begin hitting program at 5 months
Continue flexibility exercises
Continue strengthening program (incorporate training principles)

Criteria for Advancement to Phase 5:

Pain-free
Independence with home therapeutic exercise program
Independent throwing / hitting program

Treatment: _____ times per week ___ Home Program

Duration: _____ weeks

**Please send progress notes.

Physician's Signature: _____ Date: _____
Kristofer J. Jones, M.D., Attending Orthopaedic Surgeon