



LATERAL ULNAR COLLATERAL LIGAMENT REPAIR (ELBOW) PROTOCOL

Weeks 1-6:

- Splint and postop dressing remains in place for the first week.
- Hinged Elbow Brace worn at all times (after the initial dressing removed)
- Avoid varus forces across the elbow until 3 months postop.
- Initiate elbow exercise program 5 times per day:
 - Passive and active elbow ROM to full flexion
 - Elbow extension to 30 (with forearm pronated) week 2
 - Elbow extension to 20 (with forearm pronated) week 3
 - Elbow extension to 10 (with forearm pronated) week 4
 - Elbow extension to 0 (with forearm pronated) week 5
 - Forearm pronation/supination ROM with elbow at 90 degrees flexion
- Grip and wrist/hand AROM immediately.
- Perform supination ROM only with the elbow flexed to 90 degrees.

Weeks 6-12:

- Advance ROM:
 - Full elbow and forearm ROM out of brace
 - Terminal elbow extension performed with the forearm neutral or pronated until 3 months.
- Initiate elbow and forearm strengthening.
- Avoid varus forces across the elbow until 3 months postop.
- Avoid activities creating axial load to involved extremity until 3 months postop.

Weeks 12-24+:

- Advanced to full ROM as tolerated with passive stretching at end ranges
- Advance strengthening as tolerated: isometrics - bands- light weights (1-5 lbs);
- Begin eccentrically resisted motions, plyometrics (ex. Weighted all toss), proprioception (ex. body blade)
- Begin sports related rehab at 4 ½ months, including advanced conditioning
- Return to throwing at 6 months
- Collision sports at 9 months
- MMI at 12 months