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Rehabilitation Protocol Ulnar collateral ligament reconstruction

Phase I: Early ROM & Protect Repair (*0 to 6 weeks*)

- Splint and postop dressing remains in place for the first 2 weeks.
- Incision will be inspected by the surgeon at 2 weeks.
- Hinged Elbow Brace (HEB) applied at 2-week follow-up visit
- Initiate elbow exercise program 5 times per day:
 - Passive and active elbow ROM to full flexion
 - Elbow extension to 30 (with forearm supinated)
 - Forearm pronation/supination ROM with elbow at 90 degrees flexion
- Grip and wrist/hand AROM immediately.
- Advance terminal extension by 10 degrees per week after week 3 (with forearm supinated)
 - Week 2-3: 30 – full flexion in HEB
 - Week 3-4: 20 – full flexion in HEB
 - Week 4-5: 10 – full flexion in HEB
 - Week 5-6: 0 – full flexion in HEB

Phase II: Full ROM and function (*>6 weeks*)

- Discontinue HEB
- Advance ROM:
 - Full elbow and forearm ROM
 - Terminal elbow extension performed with the forearm neutral or supinated until 3 months.
- Initiate elbow and forearm strengthening.
- Avoid valgus forces across the elbow until 3 months postop.
- Avoid activities creating axial load to involved extremity until 3 months postop.