

Rehabilitation Protocol for Ulnar Collateral Ligament Reconstruction (Palmaris Longus Graft, Gracilis Graft)

PHASE I: IMMEDIATE POST-OP (0-3 WEEKS AFTER SURGERY)

Rehabilitation Goals	<ul style="list-style-type: none"> • Protect healing tissue • Decrease pain/inflammation • Protect graft site • NO active/passive shoulder external rotation
Brace	<p>Week 1: posterior split at 90 degrees elbow flexion</p> <p>Week 2: 25-100 degrees</p> <p>Week 3: 15-115 degrees</p>
Interventions	<ul style="list-style-type: none"> • Soft tissue mobilization, retrograde massage for swelling • Elbow PROM (as tolerated) • Ice and compression
Exercises	<ul style="list-style-type: none"> • Wrist AROM (all directions) immediately post-op • Gripper • Opposition thumb to pinky • Shoulder isometrics (NO EXTERNAL ROTATION) • Bicep/tricep isometrics • Elbow flexion/extension AAROM • <i>Gracilis graft</i>: knee ROM immediately post-op, bike at week 3

PHASE II: INTERMEDIATE POST-OP (4-6 WEEKS AFTER SURGERY)

Rehabilitation Goals	<ul style="list-style-type: none"> • Gradual increase to full ROM (goal of FULL motion by week 4-6) • Promote healing of repaired tissue • Regain and improve muscular strength- <i>slow integration</i> of exercises
Brace	<p>Week 4: 0-125 degrees</p> <p>Week 5: 0-135 degrees</p> <p>Week 6: discontinue</p>
Interventions	<ul style="list-style-type: none"> • Soft tissue/scar mobilization • Elbow PROM • Continue ice and compression
Exercises	<ul style="list-style-type: none"> • Forearm strengthening (supination/pronation with dowel roll) • Theraband row/IR/ER (to neutral only) • Standing scaption • Prone row/T/I • Sidelying ER (to neutral only) • Bicep curl (eccentric emphasis) • Tricep extension

PHASE III: Strengthening (6-12 WEEKS AFTER SURGERY)

Rehabilitation Goals	<ul style="list-style-type: none"> • Increase strength/endurance/power • Maintain full elbow ROM (extension)
Interventions	<ul style="list-style-type: none"> • Elbow PROM • Soft tissue mobilization (as needed)
Exercises <i>*continue all previous exercises – progress weights/resistances</i>	<p><i>*6 weeks:</i> Gracilis graft- begin slow progression of hamstring strengthening</p> <ul style="list-style-type: none"> • Forearm strengthening (emphasis on flexion, pronation) • UBE • Seated row machine • Front pull down machine • Manual resisted/rhythmic stabilization – sidelying ER/scaption

PHASE IV: Advanced Strengthening (12-16 WEEKS AFTER SURGERY)

Rehabilitation Goals	<ul style="list-style-type: none"> • Progress power/endurance • Normalize shoulder/forearm strength • Introduce upper extremity plyometrics
Interventions	<ul style="list-style-type: none"> • Elbow PROM • Soft tissue mobilization (as needed)
Exercises <i>*continue all previous exercises – further progress weights/resistances</i>	<ul style="list-style-type: none"> • 6-8lb medicine ball chest pass (with therapist or at trampoline – emphasis on full extension follow thru) • Body blade (ER/IR, push/pull) • Supine dumbbell press <p><i>*14 weeks:</i></p> <ul style="list-style-type: none"> • 90-90 ball taps (1 to 2lb medicine ball) • Rhythmic stabilization in scaption plane (with medicine ball on wall)

PHASE V: Interval Throwing Program (16 WEEKS AFTER SURGERY)

Return to MGH Sports PT for appointment with Scott Waugh
Initiate Phase 1: light catch/long toss throwing progression

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Please call 617.643.9999 with any questions specific to this protocol