

**POST-OPERATIVE REHABILITATIVE PROTOCOL FOR  
CHRONIC ULNAR COLLATERAL LIGAMENT RECONSTRUCTION  
USING AUTOGENOUS GRAFT**

**IMMEDIATE POSTOP – WEEK 1**

- A. Posterior splint at 90° elbow flexion with wrist free
- B. Post-op compression dressing
- C. Post-op exercises of grip strengthening, wrist ROM, shoulder isometrics frequently as tolerated

**WEEK 2**

- A. Application of functional brace set at 30° - 100°
- B. Initiate isometric wrist exercise program

**WEEK 3**

- A. Advance brace to 15° - 110°

**WEEK 4**

- A. Advance brace to 15° - 120°
- B. Begin light PRE of wrist curls, neutral wrist curls, reverse wrist curls, pronation, supination
- C. Progress shoulder ROM and strengthening, emphasizing rotator cuff musculature. Avoid shoulder external rotation stretching due to excessive valgus stress at elbow.

*College of Medicine - Jacksonville*  
*Department of Orthopaedics & Rehabilitation*

655 West 8<sup>th</sup> Street  
ACC Bldg., 2<sup>nd</sup> Floor  
Jacksonville, FL 32209  
904-244-3965  
904-244-3457

**WEEK 6**

- A. Progress full elbow ROM/discontinue brace
- B. Progress PRE; addition of biceps curl, triceps extension, broomstick roll-up
- C. Progress shoulder external rotation stretching to tolerance

**WEEK 8**

- A. Initiate biceps and triceps eccentric exercise program

**MONTH 4**

- A. Begin gradual progression to functional activity
- B. Isokinetic testing
- C. Initiate interval throwing program phase I

**MONTH 6**

- A. Return to competitive activity