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ULNAR COLLATERAL LIGAMENT RECONSTRUCTION POSTOPERATIVE PROTOCOL

0-1 Weeks

- Splint is worn until the first follow up visit
- Keep splint clean and dry
- Return visit to the office for a 1 week appointment

1-2 Weeks

- Splint is removed one week after surgery
- Begin passive and active assisted elbow range of motion in the range of 25-100 degrees
- Utilize sling and brace when not performing physical therapy
- Return visit to the office for a 2 weeks appointment

3-4 Weeks

- Progress passive and active assisted elbow range of motion to 15-115 degrees
- Utilize sling and brace when not performing physical therapy

4-6 Weeks

- Progress passive and active assisted elbow range of motion to 0-130 degrees
- Utilize sling and brace when not performing physical therapy
- Return to the office for a 6 week appointment

6-8 Weeks

- Begin active elbow, wrist and hand range of motion with goal of regaining full elbow range of motion

8-12 Weeks

- Continue active elbow, wrist and hand range of motion with goal of maintaining full elbow range of motion
- Begin progressive elbow, wrist and hand strengthening
- Return visit to the office for a 12 week appointment

3-6 Months

- Progressive strengthening and return to physical activity and sports

This protocol represents an overview of the standard postoperative course. Each patient's medical condition is unique, and thus, variations may be needed to tailor the rehabilitation protocol to optimize recovery.