

Name _____

Date _____

Physician _____



Patient Flow Sheet

Ulnar Collateral Ligament Repair

Prepared for Dr. Wyland

Maximum Protection (0 to 10 Days):

0 to 10 Days:

- Reduce inflammation
- Immobilization in posterior splint at 60° of elbow flexion
- Sling for 2 to 3 weeks
- Ice and modalities to reduce pain and inflammation
- Begin passive, progressing to active wrist and hand range of motion
- Begin hand strengthening

Phase II – Progressive Stretching and Active Range of Motion (10 days to 6 weeks):

10 days to 3 weeks:

- Brace setting 30° to 100°
- Active elbow flexion and extension 30° to 100°
- Increase intensity of wrist and hand strengthening
- Begin rotator cuff strengthening avoiding valgus stress
- Scapular strengthening exercises
- Proprioception drills emphasizing neuromuscular control

Weeks 3 to 4:

- Brace setting from 15° to 110°; increase range settings 5° of extension and 10° of flexion per week progressing to full by week 6
- Continue with gradual progression in ROM as outlined in week 2

Weeks 4 to 5:

- Brace setting 10° to 120°
- Begin light biceps and triceps strengthening
- Continue with progressive rotator cuff and scapular strengthening avoiding valgus stress

Weeks 5 to 6:

- Brace setting 5° to 130°

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Phase III – Strengthening Phase (Weeks 6 to 10):

Weeks 6 to 8:

- Discontinue brace
- Modalities as needed
- Restore full elbow range of motion with terminal stretching
- Resisted biceps, wrist, and hand strengthening
- Proprioception and neuromuscular control drills
- Manual resistance and PNF patterns with proximal stabilization

Weeks 8 to 10:

- Continue with end range stretching
- Advance rotator cuff and scapular strengthening program
- Advance wrist and forearm strengthening
- Begin gym-strengthening program 3 to 4 times per week:
Seated rows, front lat. pulls, biceps, triceps, dumbbell chest press and flys – avoiding valgus stress at the elbow. Gradually increase intensity

Phase IV – Advanced Strengthening and Plyometric Drills (Weeks 10 to 16):

Weeks 10 to 16:

- Continue with end range stretching
- Advance gym strengthening avoid valgus stress
- Initiate closed kinetic chain exercises in protected range
 - Push-ups
 - Seated serratus push-ups
- Initiate plyometric drills
 - Plyoball wall drills
 - Two-armed rebounder drills, progressing to one-armed

Phase V – Interval Throwing Program (Week 16):

- Follow-up with physician
- Initiate interval throwing program per physician approval