

Name _____

Date _____

Physician _____



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PHYSICAL THERAPY

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YOU**

**Patient
Flow Sheet**

Ulnar Collateral Ligament Reconstruction Steadman*Hawkins Protocol

Sling for 2-3 weeks

Phase 1 –Maximum Protection Phase (0-10 days)

Reduce Inflammation
Immobilization in hinged brace at 90 degrees of elbow flexion
Ice and modalities to reduce pain and inflammation
Begin passive, progressing to active wrist and hand range of motion
Begin hand strengthening

Phase 2- Progressive Stretching and Active Range of Motion (10 days to 6 weeks)

Week 2-3

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

Week 3-4

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

Week 4-5

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

Week 5-6

Brace setting 5-130 degrees

Phase 3 –Strengthening Phase (Weeks 6-10)

Week 6-8

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

Week 8-10

Continue with terminal stretches
Advance rotator cuff and scapular strengthening program