

UCL Rehab Protocol

PHASE 1 (~0-2 weeks)

REHAB GOALS	<ol style="list-style-type: none">1. Protection of elbow2. Gradual restoration of ROM3. Minimize swelling & pain
PRECAUTIONS	<ol style="list-style-type: none">1. Hinged elbow brace 20-90 degrees2. Ice as needed for pain
RANGE OF MOTION EXERCISES	<ul style="list-style-type: none">○ Passive elbow ROM 20-90○ Sport specific shoulder/hip/LE stretches○ Soft tissue mobilizations/techniques as tolerated
SUGGESTED THERAPEUTIC EXERCISES	<ul style="list-style-type: none">○ As above○ LE and core activities when pain tolerates & non wt bearing UE○ Rhythmic stabilization of scapula/shoulder/elbow, sitting/side lying scapular PNF○ Week 1- gripping, wrist, elbow & shoulder isometrics○ Week 2- rotator cuff (ER/IR at side, full can, abduction) & scapular (prone row & horizontal abduction), wall wipes & table slides○ Higher level athletes- balance/proprioception begin 2 leg, progress to unilateral, unstable surface, etc
CARDIOVASCULAR EXERCISE	Stationary bike
PROGRESSION CRITERIA	<ul style="list-style-type: none">○ Minimal effusion○ Elbow ROM 20-90○ No pain to palpation○ Pain free special tests & min/no laxity with valgus stress

PHASE 2 (~3-10 weeks)

REHAB GOALS	<ol style="list-style-type: none"> 1. Decrease inflammation 2. Improve ROM 3. Minimize pain and swelling 4. Improve strength & endurance
PRECAUTIONS	<ol style="list-style-type: none"> 1. Hinged elbow brace, advance 10 deg per week 2. Ice as needed after activity
RANGE OF MOTION EXERCISES	<ul style="list-style-type: none"> ○ Continue phase 1 exercises ○ Progress passive elbow ROM to full by week 4 ○ Mobilizations/soft tissue technique as needed
SUGGESTED THERAPEUTIC EXERCISES	<ul style="list-style-type: none"> ○ Continue phase 1 exercises ○ Advance LE & core strengthening. Ok for UE wt bearing core ○ UE- lateral raises, shoulder rows, shoulder press ○ thrower's exercises: ER/IR at 0 abduction (progress to IR/ER as pain tolerates), scaption ER full can, rows into ER at 90 abduction seated on stability ball, lower trap seated on stability ball, elbow flexion, elbow extension/triceps, wrist extension, wrist flexion, supination, pronation, sleeper stretch, supine horizontal adduction stretch into IR, Prone horizontal abduction neutral/full ER at 100, prone row, Diagonal pattern (D2) flexion/extension ○ Closed chain- ball stabilization, pushup plus (maintain elbows close to trunk) ○ Manual PNF resistance of elbow, wrist & finger flexion, forearm supination followed by elbow, wrist & finger extension & forearm pronation ○ Manual resistance for ER ○ LE agility & sports drills
CARDIOVASCULAR EXERCISE	<p>Continue phase 1</p> <p>Elliptical</p>
PROGRESSION CRITERIA	<ul style="list-style-type: none"> ○ Full pain free ROM ○ 5/5 strength ○ No valgus laxity or provocative maneuvers

PHASE 3 (~11-14 weeks)

REHAB GOALS	<ul style="list-style-type: none"> ○ Maintain ROM ○ Improve strength ○ Minimize pain
PRECAUTIONS	<ul style="list-style-type: none"> ○ Discontinue elbow brace
RANGE OF MOTION EXERCISES	<ul style="list-style-type: none"> ○ Continue exercises from phase 2. ○ Mobilizations as needed ○ Posterior shoulder/pec stretches for throwers

SUGGESTED THERAPEUTIC EXERCISES	<ul style="list-style-type: none"> ○ Continue exercises from phase 2 ○ LE & core- progress strengthening. ○ UE- rows, lat pull downs, shoulder press, bench press ○ thrower's exercises: progress resistance/weight ○ Progress PNF, rhythmic stabilization, balance & closed chain activities ○ Plyometrics- UE 2 hand, begin hands close to trunk, progress to side to side & overhead. After 2 weeks progress to one hand
CARDIOVASCULAR EXERCISE	<p>Continue phase 2 Ok to start swimming, jogging</p>
PROGRESSION CRITERIA	<ul style="list-style-type: none"> ○ Full pain free active ROM ○ No pain/swelling/instability ○ Completion of 2 hand plyometrics ○ 5/5 strength

PHASE 4 (~15+ weeks)

REHAB GOALS	<ul style="list-style-type: none">○ Full ROM in all planes○ No pain with sport activities○ Improvement of strength, endurance, neuromuscular control○ Return to sport/work
PRECAUTIONS	Post-activity soreness should resolve within 24 hours Avoid post activity swelling
RANGE OF MOTION EXERCISES	<ul style="list-style-type: none">○ Continue with flexibility exercises from previous phase○ Gentle end range stretching as needed○ LE and core flexibility○ Mobilizations as needed
SUGGESTED THERAPEUTIC EXERCISES	<ul style="list-style-type: none">○ Continue phase 3 activities. Progress with resistance/load.○ Plyometrics- progress to 90/90 drills & simulated throwing○ Sport specific- ok to begin overhead sport specific activities. Throwers begin interval throwing program
CARDIOVASCULAR EXERCISE	Progress to baseline , jog/run progression
PROGRESSION CRITERIA- RETURN TO SPORT	<ul style="list-style-type: none">○ Full ROM○ Completion of sport specific program/throwing program○ Elbow flexion 10-20% stronger & elbow extension 5-15% stronger than non-involved arm○ Pain free with all sports activities○ Physician clearance