Dr. Pathik Shah
Sports, Revision Sports and Regenerative Sports Orthopaedic Surgeon
DNB Ortho (Mumbai), MNAMS (New Delhi), MBBS
AOSSM Sports Surgery Fellowship (California, USA),
Fellowship in Joint and Trauma (Mumbai)
Diploma in Football medicine (FIFA)

DIAGNOSIS: ULNAR COLLATERAL LIGAMENT (UCL) RECONSTRUCTION

PHASE I- IMMEDIATE POST-OP (WEEKS 0-3)

GOALS:
-Pain and edema control
-Protect healing tissue
-Retard muscular atrophy

Week 1-
-Posterior splint at 90∞ elbow flexion
-Wrist AROM flex/ex
-Exercises such as gripping exercises, wrist ROM, shoulder iso-metrics (except shoulder ER), biceps isometrics
-Cryotherapy

Week 2-
-Application of functional brace 30 ∞ to 100∞
-Initiate wrist isometrics
-Initiate elbow flex/ext isometrics
-Continue all exercises listed above

Week 3-
-Advance brace 15∞ to 110∞ (gradually increase ROM; 5∞ extension/10 ∞ flexion per week)

PHASE II. INTERMEDIATE PHASE (WEEKS 4-8)

GOALS:
-Gradual increase in range of motion
-Promote healing of repaired tissue
-Regain and improve muscular strength

Week 4-
-Functional brace set (10∞ to 120 ∞)
-Begin light resistance exercises for arm (1 Ib) wrist curls, extensions pronation/supination elbow flex/ex
-Progress shoulder program emphasize rotator cuff strengthening (avoid ER until 6th week)

Week 6-
-Functional brace set (0∞ to 130∞); AROM 0∞-145 ∞ (without brace)
-Progress elbow strengthening exercises.
-Initiate shoulder external rotation strengthening
-Progress shoulder program

Dr. Pathik Shah
Sports, Revision Sports and Regenerative Sports Orthopaedic Surgeon
DNB Ortho (Mumbai), MNAMS (New Delhi), MBBS
AOSSM Sports Surgery Fellowship (California, USA),
Fellowship in Joint and Trauma (Mumbai)
Diploma in Football medicine (FIFA)

PHASE III- ADVANCED STRENGTHENING PHASE (WEEKS 9-13)

GOALS:
-Increase strength, power, endurance
-Maintain full elbow ROM
-Gradually initiate sporting activities

Week 9-
-Initiate eccentric elbow flexion/extension
-Continue isotonic program; forearm & wrist
-Continue shoulder program--Throwers Ten Program
-Manual resistance diagonal patterns
-Initiate plyometric exercise program

Week 11-
1. Continue all exercises listed above
2. May begin light sport activities (ie, golf, swimming)

PHASE IV- RETURN TO ACTIVITY PHASE (WEEKS 14-26)

GOALS:
-Continue to increase strength, power, and endurance of upper extremity musculature
-Gradual return to sport activities

Week 14-
-Initiate interval throwing program (phase I)
- Continue strengthening program
- Emphasis on elbow and wrist strengthening and flexibility exercises

Weeks 22-26-
1. Return to competitive throwing