

PHYSICAL THERAPY PRESCRIPTION



UC Irvine Health

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PATIENT STICKER

ULNAR COLLATERAL LIGAMENT RECONSTRUCTION PROTOCOL

Surgical Date: _____

Side: Right Left

Diagnosis: UCL Reconstruction with Ulnar Nerve Transposition with Elbow Arthroscopy

Postop	Goals	Precautions	Exercises
Weeks 0-4 HEP daily	Edema and pain control Protect surgical repair Hand, wrist, shoulder ROM ROM 15-90° Promote independence	Splint/Brace worn at all times Week 1: Splint 60° flexion Weeks 1-3: Brace from 30-60° flexion Week 4: Brace open from 15-90° flexion	Elbow AROM in brace Wrist AROM Scapular isometrics Gripping exercises Emphasize patient compliance to HEP and brace precautions
Weeks 4-6 HEP daily	Edema and pain control Protect surgical repair ROM 15-115°	Brace worn at all times Avoid PROM Avoid valgus stress Remove brace at 5 weeks	Continue AROM Pain-free isometrics in brace – shoulder FF/ext, elbow flex/ext Manual scapula stabilization exercises with proximal resistance Progress advance patients HEP
Weeks 6-12 HEP daily	Full ROM 5/5 UE strength Being to restore UE endurance	Minimize valgus stress Avoid PROM by clinician Avoid pain with therapeutic exercise No isolated forearm exercises for 1 year	Continue AROM Low intensity/long duration stretch for extension Isotonics for scapula, shoulder, elbow Being IR/ER strengthening at 8 weeks UBE when adequate ROM Neuromuscular drills PNF patterns when strength adequate Incorporate eccentric training when strength adequate Emphasize patient compliance to HEP
Weeks 12-16 HEP daily	Restore full strength and flexibility Restore neuromuscular function Prepare for return to activity	Avoid pain with plyometrics	Advance IR/ER to 90/90 position Full UE flexibility program Neuromuscular drills Plyometrics program Continued endurance training Address trunk and lower extremities Advance HEP
Weeks 16+ HEP daily	Return to play Prevent re-injury	Avoid pain with throwing/hitting Avoid loss of strength of flexibility Return to sport (MD directed)	Begin interval throwing program Begin hitting program at 5 months Continue flexibility exercises Continue strengthening program and sports-specific drills

Frequency & Duration: 1-2 2-3 x/week for _____ weeks _____ Home Program

Physician's Signature: _____ **M.D.**