

**PHYSICAL THERAPY PROTOCOL
ULNAR COLLATERAL LIGAMENT REPAIR**

Weeks 1-4:

- Elbow brace worn at all times, locked in flexion degree determined at time of surgery
- OK for hand and finger ROM, typing/texting
- Begin PT, PROM and AROM at 2 weeks, all performed in the brace

Weeks 4-6:

- Brace worn but unlocked at all times
- Regain full AROM and PROM of the elbow
- Begin gentle elbow/arm strengthening in the brace
- Begin regular maintenance of thrower's 10 exercises
- Continue kinetic chain strengthening including legs, core, periscapular muscles and rotator cuff

Weeks 6-10:

- Elbow brace removed
- Advance elbow and arm strengthening
- Integrate plyometrics when ready
- Continue thrower's 10 arm care and kinetic chain strengthening

Week 10+:

- Begin progressive throwing program
- Begin progressive weight-bearing program
- Continue thrower's 10 arm care and kinetic chain strengthening