SHAYNE KELLY, DO
ORTHOPEDIC SPORTS MEDICINE · TRI-CITY ORTHOPEDICS

POST-OPERATIVE REHABILITATION PROTOCOL

Lateral Ulnar Collateral Ligament Repair

1–14 Days Postoperative

- Do NOT remove the surgical bandage.
- **Restrictions:** No heavy lifting greater than 0 lbs. No driving.
- **Varus stress precautions:** Avoid shoulder abduction (lifting the arm out to the side). This position will place too much stress on the repair site.
- Begin active and passive range of motion of the fingers to prevent stiffness and reduce swelling.

10–14 Days Postoperative

- The patient will be fitted with a hinged elbow brace with extension blocked at 90 degrees. Full elbow flexion is allowed.
- The hinged elbow brace is to be worn at all times, including sleeping. The brace may be removed for hygiene purposes and to perform the exercise program.
- Begin active and passive range of motion of the wrist.
- Begin active supination exercises only with the elbow flexed greater than 90 degrees. No passive supination is permitted.
- Begin active elbow extension exercises only with the forearm in the pronated position to protect the ligament reconstruction. Limit the last 30 degrees of extension. No passive extension is permitted.
- Educate the patient on anti-edema management, including but not limited to self-retrograde massage, cold therapy, and extremity elevation. Anti-edema management will continue for several weeks.

3 Weeks Postoperative

- The therapist will begin scar tissue management to decrease sensitivity and density, which could include ultrasound and/or silicone gel pads per therapist discretion. Scar tissue management will continue for several weeks.

6 Weeks Postoperative

- The hinged elbow brace extension block is progressively advanced to 30 degrees of extension over the next two weeks.

8 Weeks Postoperative

- The hinged elbow brace extension block is progressively advanced to 0 degrees of extension over the next two weeks.
- Begin passive range of motion of the elbow. Full flexion and extension is allowed.
- Begin a progressive strengthening exercise program for the hand and wrist.

Return to Sport & Discharge Criteria

- Full elbow/forearm ROM; strength ≥90% of opposite side
- Gradual return to heavy lifting or sport when cleared by Dr. Kelly

Time frames are guidelines — progress when phase goals are met, per Dr. Kelly and the treating therapist.

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