
PHYSICAL THERAPY REHAB PROTOCOL

Elbow UCL Reconstruction

Rehab Protocol

Phase 1 (Weeks 0–1)

- Splint at 70°
- Gripping exercises
- Wrist ROM
- Modalities as needed

Phase 2 (Weeks 1–4)

- Discontinue splint; transition to brace set 40°–80°
- Begin pain-free wrist isometrics
- Begin pain-free elbow isometrics
- Begin pain-free shoulder isometrics
- Begin manual scapular stabilization exercises

Phase 3 (Weeks 4–6)

- Brace opened to 20°–90°
- Increase ROM gradually
- Begin light wrist isotonic
- Begin light elbow isotonic (no ER)
- Advance scapular strengthening
- Advance to light shoulder strengthening
- Avoid valgus stress at elbow

Phase 4 (Weeks 6–8)

- Discontinue brace
- Continue to restore ROM to full
- Progress wrist, elbow and shoulder isotonic
- Begin ER strengthening in neutral
- Upper body ergometer

Phase 5 (Weeks 8–10)

- Advance elbow/wrist strengthening (stress eccentrics)
- Begin PNF patterns
- Continue aggressive shoulder strengthening
- Advance rotator cuff strengthening to overhead position
- Continue UBE for endurance training

Phase 6 (Weeks 10–13)

- Continue aggressive UE strengthening
- Begin plyometric program
- Restore normal flexibility
- Continue endurance training

Phase 7 (Weeks 14–24)

- Initiate interval throwing program
- Continue flexibility exercises
- Continue full UE program

These instructions are general guidelines from Dr. Tannenbaum's office. Always follow any specific instructions given to you by Dr. Tannenbaum or his team. Questions? Call Southern Indiana Orthopedics at (812) 376-9353.