



**Brian Waterman M.D.**  
ORTHOPEDIC SURGERY

**Ulnar Collateral Ligament Reconstruction Protocol**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery \_\_\_\_\_

Frequency: 1 2 3 4 times/week      Duration: 1 2 3 4 5 6 Weeks

**Post-op Days 1 – 10**

- L & U Splint – Watch for skin breakdown
- Crutches – non weight bearing (NWB)
- AROM hip and knee
- Wiggle toes
- Straight leg raise (SLR) x 4
- Short arc quad (SAQ)
- Upper body exercises (seated or bench only – no pushups)
- LE stretches – Hamstring, quads, ITB, Hip flexors
- Ice and Elevation

**Goals**

- Pain management
- Prevent swelling

**Days 10 – 21**

- Crutches – weight bearing as tolerated (WBAT), D/C when gait is normal
- Continue appropriate previous exercises
- Calf pumping, alphabet, rotations
- Light Theraband ex x 4
- Towel crunches and side-to-side
- Seated BAPS, progress to double leg in standing
- Stationary bike
- Gastroc/Soleus Stretching
- Ice as needed

**Goals**

- Full range of motion (ROM)
- Normal gait

**Weeks 3-6**

- Continue appropriate previous exercises
- Theraband ex x 4 – Gradually increase resistance
- Elgin
- Steamboats (Theraband x 4 while standing on involved LE)
- Mini-squats, Wall squats, Total gym
- Double leg heel raises – Progress to single leg heel raises Single leg BAPS, ball toss, and body blade
- Forward, retro and lateral step downs
- Knee extension and HS curl weight machines Proprioception ex – Single leg BAPS, ball toss, body blade Treadmill – Walking forwards and backwards
- Elliptical trainer
- Pool therapy – Chest or shoulder deep water running

**Goal**

- Normal strength



### **Weeks 6-8**

- Continue appropriate previous exercises
- Leg press and hip weight machine
- Fitter, slide board
- Push-up progression
- Sit-up progression
- Treadmill – Walking progression program
- Stairmaster
- Pool therapy – Unrestricted
- Goal – Walk 2 miles at 15 min/mile pace
- Continue appropriate previous exercises
- Running progression program
- Agility drills / Plyometrics
- Transition to home / gym program

### **Goals**

- Return to all activities
- Pass APFT at 4 months post-op

### **Months 2-4**

- Continue appropriate previous exercises
- Running progression program
- Agility drills / Plyometrics
- Transition to home / gym program

### **Goals**

- Return to all activities
- Pass APFT at 4 months post-op