

## Postoperative Rehabilitation Program Following UCL (MCL) Repair with Augmentation

### I. Initial Phase (Week 1)

**Goals:** Full wrist and elbow ROM

Decrease swelling

Decrease pain

Prevent muscle atrophy

1. Immediate elbow ROM 30-110
2. Immediate post-op hand, wrist, and hand exercises
  - a. Putty/grip strengthening
  - b. Wrist flexor stretching
  - c. Wrist extensor stretching
  - d. Shoulder PROM
  - h. Pendulum exercises

Post-op Day 3 through 7

1. PROM shoulder & wrist/hand
2. Continue UE exercises
  - a. Shoulder isometrics
  - b. Scapular strengthening
  - c. Hand gripping exercises

### II. Acute Phase (Week 2-4)

**Goals:** Gradually restore Elbow Joint ROM

Improve muscular strength and endurance

Normalize joint arthrokinematics

Week 2: Discontinue posterior splint

Progress Elbow ROM

Elbow AAROM/PROM exercises

1. Initiate AROM elbow
2. Initiate AROM shoulder joint
3. Scapular strengthening exercises
4. Progress to light isotonic strengthening at day 10

Week 3: Progress Elbow ROM to 10-125

1. Initiate Thrower's Ten Exercise Program

### III. Intermediate Phase (Week 4-8)

**Goals:** Restore full Elbow ROM

Progress UE strength

Continue with functional progression

Week 4: Progress Elbow ROM to 0-145

1. Progress to Advanced Thrower's Ten Program
2. Progress elbow & wrist strengthening exercises

Week 6: Initiate 2 hand Plyometrics

Week 8 Progress to 1 hand Plyometrics

Continue with advanced thrower's ten program

### IV. Advanced Phase (Weeks 9-14)

\*Criteria to progress to Advanced Phase:

1. Full nonpainful ROM
2. No pain or tenderness
3. Isokinetic test that fulfills criteria to throw
4. Satisfactory clinical exam
5. Completion of rehab phases without difficulty

Goals: Advanced strengthening exercises  
Initiate Interval Throwing Program  
Gradual return to throwing

Week 9: Continue all strengthening exercises  
Advanced thrower's ten program  
Plyometrics program (1 & 2 hand program)

Week 11-16: Initiate Interval Throwing program  
(long toss program) Phase I  
Initiate Interval Hitting Program  
Continue all exercises in week 9

Week 16-20: Initiate Interval Throwing Program Phase II  
(off mound program)  
Initiate mound throwing when athlete is ready &  
completed ITP Phase I

V. Return to Play Phase (weeks 16 >):

Goal: Gradual return to competitive throwing  
Continue all exercises & stretches

Week 16>: Initiate gradual return to competitive throwing  
Perform dynamic warm-ups & stretches  
Continue thrower's ten program  
Return to competition when athlete is ready  
(*Physician Decision*)

Note: \*\* Each athlete may progress thru ITP at different rates/pace.  
Goal is to complete 0-90 ft within 3 weeks of starting it & complete  
150/180 ft within 8 weeks then begin mound program.

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