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## **Physical Therapy Rehabilitation following UCL Repair**

The following is a basic framework from which to work during rehabilitation following UCL Repair. We encourage patients and therapists to communicate with Dr. Brusalis and his staff with any questions.

### **Instructions:**

#### **Phase One (1-4 weeks)**

- Splint immobilization until two weeks post-operatively.
- Work to regain full range of motion by 4 weeks post-operatively.
- Protect the still healing ulnar ligament by avoiding elbow valgus torque activities.
- Emphasize maintenance of flexibility and strength of fingers, shoulder, scapula, core, and legs.

#### **Phase Two (4-6 weeks):**

- Being isotonic strengthening at the elbow.
- Stretching and strengthening of the periscapular stabilizers, rotator cuff, deltoid, legs, and core.
- Initiate the Thrower's Ten Exercise program.
- Perform all exercises in the brace.

#### **Phase Three (6-10 weeks):**

- Discontinue brace. Continue to progress stretching and flexibility.
- Progress to Advanced Thrower's Ten, advance weights/bands.
- Begin isotonic lifting program including bench press, seated row, lat pull-downs, triceps push downs, and biceps curls.

- Begin plyometrics (specifically bouncing a medicine ball into a trampoline), progressing from 2- handed (6-8 weeks) to 1-handed (8-10 weeks).

Phase Four (>10 weeks):

Initiate progressive interval throwing program.

Initiate progressive interval hitting program.

Continue strengthening and stretching and Advanced Thrower's Ten program.

**Modalities**

Heat before therapy, cryotherapy afterwards. Remaining modalities as per treating therapist.

**Frequency:** 2 times/week

**Duration:** 6 weeks