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ORTHOPAEDIC SPECIALISTS OF NC

LATERAL ULNAR COLLATERAL LIGAMENT REPAIR

WEEK 2-3 POST OPERATIVE:

- **PLACE PT IN HINGED ELBOW BRACE WITH EXTENSION BLOCK AT 30 DEGREES AND FLEXION BLOCK AT 100 DEGREES.**
- **WRIST AND HAND AROM SEVERAL TIMES A DAY.**
- **INSTRUCT PT IN *SUPINE* ELBOW FLEXION AND EXTENSION WHILE MAINTAINING FOREARM IN PRONATION, ACTIVE FOREARM PRONATION/SUPINATION WITH ELBOW AT 90 DEGREES 6-8 TIMES PER DAY.**
- **INCORPORATE SCAPULAR RETRACTION AND STABILIZATION EXERCISES INTO PROGRAM.**
- **EDUCATE PT TO AVOID SHOULDER ABDUCTION AND INTERNAL ROTATION TO REDUCE VARUS STRESS AND TO AVOID FULL ELBOW EXTENSION WITH SUPINATION.**

- **INITIATE SCAR MANAGEMENT**

WEEK 3- 6 POST OPERATIVE:

- **ADJUST HINGED ELBOW BRACE TO INCREASE EXTENSION BLOCK 10 DEGREES PER WEEK AND FLEXION BLOCK 15 DEGREES PER WEEK.**
- **CONTINUE TO PROGRESS WITH ACTIVE ELBOW FLEXION AND EXTENSION WITH FOREARM IN NEUTRAL AND AGAINST GRAVITY.**
- **ADD ISOMETRICS TO FOREARM, FCU AND FDS, AND SHOULDER IN ALL PLANES.**

6 WEEKS POST OPERATIVE:

- **BEGIN WRIST STRENGTHENING WITH 1-2#, DIGIFLEX, PUTTY EXERCISES.**
- **COMPLETE BASIC ADLS USING INVOLVED ARM.**
- **ACTIVITY MODIFICATION TO AVOID VARUS STRESS.**

WEEK 6-9 POST OPERATIVE:

- **D/C HINGED BRACE PER MD ORDERS**

- **ADMINISTER HEAT, SOFT TISSUE, CAPSULAR STRETCHING AND LOW GRADE JOINT MOBS AS NEEDED.**
- **CONCENTRIC AND ECCENTRIC LOW LOAD STRESS ACTIVITIES INITIATED WITH ATHLETES**

WEEK 9 -14 POST OPERATIVE:

- **STATIC PROGRESSIVE SPLINTING IF NEEDED.**
- **NEUROMUSCULAR EXERCISES AND ISOTONIC EXERCISES (FREE WEIGHTS), THERABAND.**
- **WITH ATHLETES, INITIATE ISOTONIC EXERCISE WITH 90 DEGREES OF EXTERNAL ROTATION AND 90 DEGREES OF ABDUCTION AT 12 WEEKS.**
- **BEGIN THROWING AT WHEN TERMINAL EXTENSION IS REACHED.**

BY 16 WEEKS POST OPERATIVE THE PT SHOULD HAVE FULL STRENGTH AND BE INDEPENDENT WITH WORK AND ADLS TASKS. FOR HEAVY WORK OR ATHLETES, BEGIN PLYOMETRICS, WORK HARDENING AND INTERVAL PAIN FREE THROWING.

BY 6- 9 MONTHS POST OPERATIVE THE PT MAY BE ABLE TO RETURN TO SPORTS. MAY BEGIN COMPETITIVE THROWING AT 9 – 12 MONTHS IF PAIN FREE.