

Post-Operative Instructions **Open Elbow Surgery, Ulnar Collateral Ligament Repair**

Day of Surgery

- A. Diet as tolerated.
- B. Pain medication as needed every 6 hours.
- C. Icing is important for the first 5-7 days post-op. While the post-op dressing is in place, icing should be done continuously. Once the dressing is removed on the first or second day, ice is applied for 20-minute periods 3-4 times per day. Care must be taken with icing to avoid frostbite.
- D. Make sure you have a physical therapy post-op appointment set up for the first week-10 days after surgery.
- E. If you have a splint or half cast, you will start PT after the splint is removed in the office at your first postoperative appointment which is usually at 2 weeks

First Post-Operative Day

- A. Continue icing
- B. You will need to keep your incision dry when taking a shower. Do this for about 2 weeks after surgery. If you have a splint or half cast (hardshell) leave it dry. No need to do dressing changes until your first follow-up visit at 2 weeks post-op.

Second Post-Operative Day

- A. Continue icing

Third Post-Operative Day Until Return Visit

- A. Continue ice pack as needed.
- B. If you don't have a split or half cast, you may remove surgical bandage after you shower and apply a waterproof bandage (may be purchased at your local pharmacy) to the wounds. Please ensure that the bandage is large enough to completely cover the incision. Apply a fresh waterproof bandage after each shower. If you have splint you do not need to change anything. Keep extremity dry

Call our office @ 646-501-7223 option 4, option 2 to confirm your first postoperative visit, which is usually about 1-2 weeks after surgery. If you are experiencing any problems, please call our office or contact us via the internet at www.newyorkortho.com.

Post Operative Rehabilitation Protocol Following Ulnar Collateral Ligament Repair

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Phase I – Immediate Post Operative Phase

- **Goals**

- Protect healing tissue
- Retard muscular atrophy
- Decrease pain/inflammation

- **Week 1**

- Posterior splint at 90° elbow flexion for 7 days
- Brace: application of functional brace set at 30-100° at day 7-10 after splint removed
- ROM: wrist AROM ext/flexion
- Elbow compression dressing 2-3 days
- Exercises
 - Gripping
 - Wrist ROM (passive only)
 - Shoulder isometrics (no shoulder ER)
 - Biceps isometrics
 - Cryotherapy

- **Week 2**

- Brace: Elbow ROM 25-100° in brace
 - Gradually increase ROM 5° ext and 10° of flexion per week
- Exercises
 - Continue all exercises listed above
 - Elbow ROM in brace
 - Initiate elbow extension isometrics

- **Week 3**

- Brace: Elbow ROM 15-110°
- Exercises
 - Continue all exercises listed above
 - Elbow ROM in brace
 - Initiate active ROM wrist and elbow (no resistance)

Phase II – Intermediate Phase (Week 4-7)

- **Goals**

- Gradual increase to full ROM
- Promote healing of repaired tissue
- Regain and improve muscular strength

- **Week 4**

- Brace: elbow ROM 0-125°

- Exercises
 - Begin light resistance exercises or arm (1 lbs)
 - Wrist curls, extensions, pronation, supination
 - Elbow ext/flexion
- Progress shoulder program to emphasize rotator cuff strengthening
 - Avoid external rotation until week 6
- **Week 5**
 - ROM: elbow ROM 0-135°
 - Discontinue brace
 - Continue all exercises
- **Week 6**
 - ROM: 0-145° without brace or full ROM
 - Exercises
 - Progress elbow strengthening exercises
 - Initiate shoulder external rotation strengthening
- **Week 7**
 - Initiate Thrower's Ten Program
 - Progress light isotonic program

Phase III –Advanced Strengthening Program (Week 8-13)

- **Goals**
 - Improve strength/power/endurance
 - Maintain full elbow ROM
 - Gradual return to functional activities
- **Week 8-10**
 - Exercises
 - Initiate eccentric elbow flexion/extension
 - Continue
 - Isotonic program –forearm and wrist
 - Shoulder program –Thrower's Ten
 - Stretching program –especially elbow extension
- **Week 11-13**
 - Exercises
 - Continue all exercises listed above
 - Initiate plyometric exercise program

Phase IV –Return to Activity (week 14-32)

- **Goals**
 - Continue to increase strength, power, and endurance of upper extremity musculature
 - Gradual return to activities
- **Week 14**
 - Exercises: continue strengthening program
 - Emphasis on elbow and wrist strengthening and flexibility exercises
 - Maintain full elbow ROM

- **Week 16**
 - Exercises
 - Initiate interval throwing program (phase I)
 - Continue all exercises
 - Stretch before and after throwing
- **Week 22-24**
 - Exercises
 - Progress to Phase II Throwing Program (once completed Phase I)
- **Week 30**
 - Exercises
 - Progress to competitive throwing

Comments:

Frequency: _____ **times per week**

Duration: _____ **weeks**

Signature: _____

Date: _____