

Rehabilitation Protocol: Partial Ulnar Collateral Ligament Elbow PRP Injection

Name: _____

Date: _____

Diagnosis: _____ Date of Surgery: _____

☐ **Weeks 1-2:** no strengthening, no activity, gentle PROM only. Avoid all valgus stressing activities/exercises \times 4 weeks

1. Modalities (Heat 1st 24-48 hrs., ES)
2. Isometric strengthening (BID)- inner to mid range submaximal holds
3. HEP (rest, passive to light active motion, no resisted exercises or loading)
4. Range of motion emphasis- passive to light active ROM

☐ **Week 2:** Begin AROM exercise elbow flexion, extension and wrist all planes within pain-free range (no weights or stretching)

☐ **Week 3:** Initiate elbow, wrist, and hand resisted exercises. Begin with concentrics in controlled ranges, light tubing with chest press and rows (3 sets 15-20 reps). Avoid valgus loading or ligament stretching

- Maintain glenohumeral flexibility (HBB towel, glenohumeral flexion doorway stretching, sleeper stretch)
- Shoulder strengthening program: Jobe or Thrower's Ten exercises 0-2 lbs weight
- Prone Hughston's and shoulder extensions, ER (sidelying or standing pulley concentrics) 3 \times 15 reps
- Elbow flexion, extension (supinated grip to decrease UCL load), supination 3 \times 15 reps
- Wrist flexion, extension, radial deviation, ulnar deviation 3 \times 15 reps
- Prone Hughston's (2 sets 10 ea with 5 sec holds). (Elbow in extension with shoulder exercises)
- Flexion, scaption, Speed's with pulleys/free weights
- PNF and rhythmic stabilization exercises to shoulder only- proximal hand placement only (humerus); start scapulothoracic PNF patterns
- Scapular mid- and low rows
- CKC weight shifting (elbows unlocked); upright scapular plus's against wall
- Scapular strengthening- Y's, T's, W's over ball

*Start emphasizing biceps, pronator teres, & FCU group concentrics to support medial elbow

☐ **Week 4:** Add/begin functional diagonal and PNF patterns

- Continue previous glenohumeral and scapulothoracic strengthening progressions
- Add more scapular strengthening progressions (lawn mower pulls, cross hearts, depressions, Kibler scapular exercises)
- Scapular plus's and standing wall push-ups or counterweighted (shuttle) scapular protraction
- Ball ER rolls against wall

☐ **Week 5:** Weeks 5-6-> can initiate light stretching & valgus loading of elbow (**if no pain with moving valgus, milking stress tests and UCL stress at 0, 30 and 90 degree**)

- Progress Jobe exercises and add 3-4 lbs.
- **Start inner to mid range glenohumeral IR (3 sets 15 reps)
- ER sidelying or pulleys progress to mid- outer range planes @ 90/90
- Prone Hughston's progression
- Start upright Plyoball patterns
- Light concentric resistance pulley or tubing patterns

- Light resistance PNF using distal hand placements and initiating elbow and wrist motions, Frisbee toss pulley patterns (low weight/resistance)
- Early CKC exercises (quadruped weight shifting, alternate arm/leg lifts, scapular pluses)
- Continue scapular strengthening progressions- add barrel hugs, modified push-ups on hands knees)

- ☐ **Week 6-8:** Progress to fast twitch and dynamic exercises (non-throwing med ball and tubing)
- Increase speed and functional strengthening phase 3-4 progressions
 - Continue all earlier phase exercise
 - Add towel throws if no pain with UCL stress tests; focus on head/trunk position, balance and alignment

- ☐ **Week 8-10:** *Pending repeated US imaging findings progress to return to play phase 4
- May begin controlled overhead return to sport activities (simulated towel drill, shadow drills, controlled plyo pulley patterns, increased speed with mid-outer range exercises, progress to two hand throwing with lighter weight med ball/rebounder drills); CKC progression including walkouts, step overs,)
 - Isokinetic strengthening

- ☐ **Week 10-12:** Progress to 50-75% of activity effort. (Short toss- long toss). Begin interval Return to Sport program. Start interval throwing, batting, tennis serve, volleyball hitting programs pending repeat US imaging findings, Objective Exam results, Functional Testing, and Subjective Functional Tool Score
- Cuff strengthening- outer ranges, ballistics, Speed Pulley patterns
 - Inner range slide board/fitter drills for valgus loading
 - Rebounder progressions (2 Hand Chest Pass, Overhead Throw Ins, Shot Puts, Single overhead throws, eccentrics
 - CKC plyometrics

- ☐ **Weeks 10-12:** Progress from 75-90% in controlled setting.

Comments:

Frequency: ____ times per week

Duration: ____ weeks

Signature: _____

Date: _____