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PATIENT NAME:

PROCEDURE:

DATE OF SURGERY:

PHYSICAL THERAPY PROTOCOL – Lateral Ulnar Collateral Ligament Reconstruction

Phase I: 0-3 weeks

- Quiet in posterior slab splint
- Forearm pronated

Phase II: 3-6 weeks

- WB status: NWB
- ROM: Start 60-100 deg, and gradually increase elbow extension and flexion by 15 degrees each week
- Brace: Hinged elbow brace
- Exercises: wrist curls, shoulder program for rotator cuff maintenance

Phase III: 7-12 weeks

- WB status: limit WB to < 5 lbs
- ROM: active motion in all planes without restrictions of the elbow and wrist
- Brace: wean out of brace
- Exercise: slowly increase strength with addition of eccentric elbow exercises

Return to sport: once cleared by MD