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**ELBOW UCL RECONSTRUCTION**  
**POST OPERATIVE THERAPY PROTOCOL**

***Sling (except during PT and washing):*** Sling x 2 weeks while in post-op brace

***Brace:***

Week 0-2: Post-op, long arm splint until suture removal (keep dry)

Week 2-4: Hinged elbow brace all times, except washing/PT (goal: full motion at week 4)

\*Start at 50-90 deg, increase 10 deg each direction (flex and ext) every 2-3 days

\*If painful, do not increase motion

***Motion:***

Week 0-2: No motion (in post-op splint)

Week 2-4: Progressive motion in hinged brace (see above)

After wk 4: Full ROM, as tolerated

***Strengthening:***

Week 2-3: Gentle isometrics bicep/tricep, wrist

Week 4-6: light wrist curls/extensions, bicep/tricep resistance exercises

Isometrics: rotator cuff/scapular stabilizers

Week 6-12: rotator cuff/scapular stabilizer strengthening

Week 12-14: Push-ups, Bench press

After wk 14: Start interval throwing program

***General considerations:***

Keep elbow/arm close to body during motion and strength exercises

Start stationary bike after suture removal, start running/jogging at 3 wks