

KNEEbraska
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ELBOW UCL REPAIR/RECONSTRUCTION REHABILITATION PROTOCOL

	ROM	IMMOBILIZER	EXERCISE
PHASE I (2-4 WEEKS)	PROM as tolerated	Brace locked 0-90 degrees, worn at all times	Gentle hand/wrist/shoulder ROM; scapular stability, gentle RTC strength work
PHASE II (4-6 WEEKS)	Begin AAROM to full flexion**	Brace locked 0-90 degrees, worn at all times	Advance phase I
PHASE III (6-12 WEEKS)	Progress to full and painfree ROM	NA	Continue/advance as above; begin forearm resistive exercises (flexion first, advance to extension)
PHASE IV (3-5 months)	Full ROM, painfree	NA	Shoulder strengthening continues, begin aggressive rotational motions, light tossing, sport-specific activities

**NO forced full flexion