

UCL REPAIR PROTOCOL

UCL	WEEK										
	1	2	3	4	5	6	7	8	9	10	16
Reduce inflammation through ice and modalities	•	•	•	•							
Modalities as needed					•	•	•	•	•	•	•
Sling for 2 weeks	•	•									
Splint at 60 degrees	•	•									
Brace at range 30-100 degrees		•	•								
Active ROM at range 15-110 degrees			•	•							
Active ROM at range 10-120 degrees				•	•						
Active ROM at range 5-130 degrees					•	•					
Full ROM						•	•	•	•	•	•
Discontinue brace						•	•	•	•	•	•
Begin active wrist and hand motion	•	•									
Begin rotator cuff strengthening (no valgus stretch)			•	•	•	•	•	•	•	•	•
Begin scapular strengthening			•	•	•	•	•	•	•	•	•
Begin bicep and tricep strengthening				•	•	•	•	•	•	•	•
Begin PNF patterns						•	•	•	•	•	•
End range stretch of elbow								•	•	•	•
Begin gym program (PT or AT List Exercises)								•	•	•	•
Closed Kinetic Chain exercises										•	•
Plyometric Drills (no valgus stretch)										•	•
Interval throwing											•

Phase 1: Maximum Protection

Phase 2: Progressive strength and active ROM

Phase 3: Strengthening

Phase 4: Advanced strengthening and plyometrics