



GOLDEN STATE ORTHOPEDICS & SPINE

Elbow Medial Collateral Ligament Reconstruction Post-Operative Rehabilitation Protocol

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Phase I - Protect Repair

Weeks 1-2

Goals

Pain Control

Protect Repair

Prevent Muscular Atrophy

- Immobilization in a brace locked at 90° for one week
- Functional hinge brace locked at 25-100° for two weeks
- Wrist ROM and gripping exercises to be initiated immediately post-operatively
- Light scar mobilization over graft harvest incision

Weeks 2 - 4

Goals

Pain control

Protect Repair

Initiate Elbow ROM

- Functional hinge brace locked at 15-115° for two weeks
- Begin light AROM of the elbow in brace
- AROM of shoulder can begin
- Continue wrist/elbow/grip strengthening
- Initiate light elbow extension isometrics

DR CHARLES PRESTON

REHABILITATION PROTOCOLS



GOLDEN STATE ORTHOPEDICS & SPINE

Elbow Medial Collateral Ligament Reconstruction Post-Operative Rehabilitation Protocol

Education and Correction of Throwing Mechanics

Maximize Scapular and Rotator Cuff Strength

- Progress to one-handed plyometric exercise at 14 weeks
- Initiate rhythmic stabilization
- Begin throwing with no resistance - emphasis on mechanics
- Continue scapular, trunk, core, hip stabilization
- Interval hitting/golf/swimming program can begin

Phase IV - Functional Return to Activity

Months 4 - 6

Goals

Initiate Interval Throwing Program at Week 22

Continue Functional Strengthening

Development of Proper Throwing Mechanics

- Introduce one handed followed by rotational plyometric exercise
- Continue to address biomechanical risk factors
- Progress other sport-specific activity
- Return to full participation after completion of proper throwing program

Comments:

Frequency: ____ times per week

Duration: ____ weeks

Signature: _____

Date: _____

DR CHARLES PRESTON

REHABILITATION PROTOCOLS