Rehabilitation prescription for:



Pediatric Orthopedic and Scoliosis Center Rehabilitation Medicine Center

Patient label

Dr. Tysklind's UCL Repair Protocol											
Diagnosis:											
Procedure date: S/P:											
	WE	EK									
UCL	1	2	3	4	5	6	7	8	9	10	16
Reduce inflammation through ice and modalities	•	•	•	•							
Begin active wrist and hand motion	•	•									
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						•	•	•	•	•	•
Modalities as needed					•	•	•	•	•	•	•
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										•	•
Interval throwing											•

- Phase 1 Maximum Protection
- **Phase 2** Progressive strength and active ROM
- **Phase 3** Strengthening
- **Phase 4** Advanced strengthening and plyometrics

PHASE IV: Advanced Strengthening (12-16 WEEKS AFTER SURGERY)

Rehabilitation Goals

- Progress power/endurance
- Normalize shoulder/forearm strength
- Introduce upper extremity plyometrics

Interventions

- Elbow PROM
- Soft tissue mobilization (as needed)

Exercises

- 6-8lb medicine ball chest pass (with therapist or at trampoline emphasis on full extension follow thru)
- Body blade (ER/IR, push/pull)
- Supine dumbbell press *14 weeks: 90-90 ball taps (1 to 2lb medicine ball)
- Rhythmic stabilization in scaption plane (with medicine ball on wall)

Additional Instructions:		
Gunnar Tysklind, MD	Date	