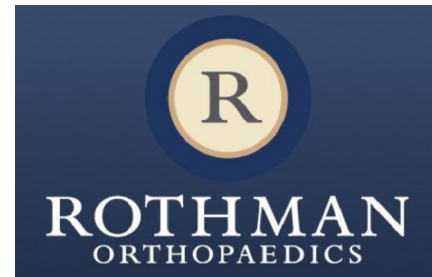


Brandon J. Erickson, MD
Mackenzie Lindeman, ATC
176 3rd Ave New York, NY
658 White Plains Rd Tarrytown, NY
450 Mamaroneck Rd Harrison, NY
Phone: 914-580-9624
Brandon.erickson@rothmanortho.com
Mackenzie.lindeman@rothmanortho.com
<https://rothmanortho.com/physicians/brandon-j-erickson-md>



UCL Reconstruction Physical Therapy Protocol For Volleyball Players

Name _____ Date _____

Diagnosis: s/p RIGHT/LEFT UCLR with Palmaris/Hamstring Autograft Allograft

Date of Surgery _____

Frequency: _____ times/week Duration: _____ Weeks

____ Week 1:

Elbow is immobilized in the Bledsoe Brace at 75 degrees flexion (7-10 days) with wrist free but in sling.

Dressing changed at 7-10 days after surgery

____ Week 2:

Begin active range of motion in the brace.

Brace adjusted to 15 degrees (locked) extension to full flexion

May begin grip strength in brace

____ Week 4:

Discontinue the use of the Bledsoe Brace

Shoulder and elbow ROM, PROM-AAROM-AROM, advance as tolerated

Begin muscle strengthening exercises for wrist, forearm, elbow and shoulder

Advance strengthening as tolerated (avoid aggressive weight-lifting until 12 weeks after surgery, especially chest flies or other lifts that directly stress the ligament

Valgus stress on the elbow is avoided until at least 2 months after surgery

Total body conditioning / aerobic training may begin

____ Month 3:

May begin volleyball skills but no hitting

The player may progress with skills if:

There is no pain or stiffness after practice

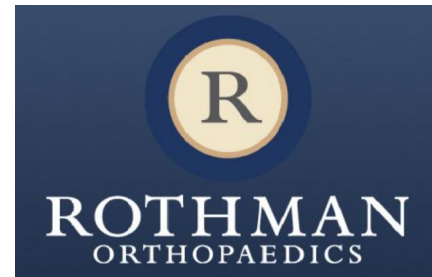
There is no significant pain or stiffness after practice

Strength is good throughout the final set with little fatigue

____ Month 4:

Begin light hitting, progress to full speed at 6 months

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____ Months 6-9:

Return to competition is permitted when the following conditions are met:
Trunk, scapula, shoulder and arm muscle strength and balance have returned to normal
There is no pain while hitting
Hitting balance, rhythm, and coordination have been reestablished

Comments:

____ Functional Capacity Evaluation ____ Work Hardening/Work Conditioning ____ Teach HEP

Modalities

____ Electric Stimulation ____ Ultrasound ____ Iontophoresis ____ Phonophoresis ____ TENS
____ Heat before ____ Ice after ____ Trigger points massage ____ Therapist's discretion

Signature _____ Date _____