

Dr. Curtis Noel's Protocol for:

## **ULNAR COLLATERAL LIGAMENT REPAIR**



### **Maximum Protection (0 to 10 Days):**

#### **0 to 10 Days:**

- Immobilization in posterior splint at 60° of elbow flexion: Sling for 2 to 3 weeks
- Ice and modalities to reduce pain and inflammation
- Begin passive, progressing to active wrist and hand range of motion
- Begin hand strengthening

### **Phase II – Progressive Stretching and Active Range of Motion (10 days to 6 weeks):**

#### **10 days to 3 weeks:**

- Brace setting 30° to 100° with active Elbow flexion & Extension 30° to 100°
- Increase intensity of wrist and hand strengthening
- Begin rotator cuff & scapular strengthening avoiding valgus stress
- Proprioception drills emphasizing neuromuscular control

#### **Weeks 3 to 4:**

- Brace setting from 15° to 110° (increase settings 5° of extension & 10° of flexion per week)
- Continue with gradual progression in ROM as outlined in week 2

#### **Weeks 4 to 5:**

- Brace setting 10° to 120° and Begin light biceps and triceps strengthening
- Continue with progressive rotator cuff and scapular strengthening avoiding valgus stress

#### **Weeks 5 to 6:**

- Brace setting 5° to 130°: Continue Above exercises

### **Phase III – Strengthening Phase (Weeks 6 to 10):**

#### **Weeks 6 to 8:**

- Discontinue brace & Restore full elbow range of motion with terminal stretching
- Resisted biceps, wrist, and hand strengthening
- Proprioception and neuromuscular control drills
- Manual resistance and PNF patterns with proximal stabilization

#### **Weeks 8 to 10:**

- Continue with end range stretching
- Advance rotator cuff, scapular, wrist and forearm strengthening programs

### **Phase IV – Advanced Strengthening and Plyometric Drills (Weeks 10 to 16):**

#### **Weeks 10 to 16:**

- Continue with end range stretching & Advance gym strengthening avoid valgus stress
- Initiate closed kinetic chain exercises in protected range  
Push-ups Seated serratus push-ups
- Initiate plyometric drills: Plyoball wall drill, Two-armed rebounder drills, progressing to one-armed

### **Phase V – Interval Throwing Program (Week 16):**