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ELBOW MCL RECONSTRUCTION REHABILITATION PROTOCOL

| | RANGE OF MOTION | IMMOBILIZER | THERAPEUTIC EXERCISE |
|---------------------------|--|--|---|
| PHASE I 2 - 4 weeks | Passive ROM to tolerance | Brace locked at 0 990 and to be worn at all times | Scapular stabilizing exercises, gentle rotator cuff strengthening, gentle hand/ wrist/shoulder ROM |
| PHASE II 4 - 6 weeks | Begin AAROM to full flexion* | Brace locked at 0 º 90 and to be worn at all times | Advance exercises in phase I |
| PHASE III 6 - 12 weeks | Progress to full motion without discomfort | None | Continue with scapular and rotator cuff strengthening, begin forearm resistance exercises -first in flexion and then advance to extension |
| PHASE IV 3 - 5 months | Full and pain-free | None | Continue with shoulder strengthening, begin aggressive rotational exercises, light tossing, and sport-specific activities |

^{*}No forced full flexion