

## Manoj P. Reddy, MD

Sports Medicine & Shoulder Surgery Orthopedic Associates of Dallas 469.800.7200 office | 469.800.7210 fax DallasOrtho.com ReddyOrtho.com

## ELBOW MCL RECONSTRUCTION REHABILITATION PROTOCOL

	RANGE OF MOTION	IMMOBILIZER	THERAPEUTIC EXERCISE
PHASE I 2 - 4 weeks	Passive ROM to tolerance	Brace locked at 0 ° 90 ° 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 ° 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