
Ulnar Collateral Ligament Reconstruction Steadman* Hawkins Protocol

Name: _____ Date: ____ / ____ / ____

Phase I: Maximum Protection Phase (Days 0 to 10)

- Sling for two to three weeks.
- Reduce inflammation
- Immobilization in hinged brace at 90 degrees of elbow flexion
- 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 (Day 10 to Week 6)

Day 10 to Week 3

- Brace setting 30 to 100 degrees
- Active elbow flexion and extension 30 to 100 degrees
- Increase intensity of wrist and hand strengthening
- Begin rotator cuff strengthening avoiding valgus stress
- Scapular strengthening exercises
- Proprioception drills emphasizing neuromuscular control

Weeks 3 to 4

- Brace setting 15 to 110 degrees
- Increase range settings, 5 degrees of extension and 10 degrees of flexion per week progressing to full by week six
- Continue with gradual progression in ROM as outlined in week two

Weeks 4 to 5

- Brace setting 10 to 120 degrees
- 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 degrees

Phase III: Strengthening Phase (Weeks 6 to 10)

Weeks 6 to 8

- Discontinue brace
- Modalities as needed
- Restore full elbow ROM 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 terminal stretches
- Advance rotator cuff and scapular strengthening program