

ELBOW MCL RECONSTRUCTION REHABILITATION PROTOCOL

Marion Herring: Advanced Orthopedic Centers 804-270-1305

	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 gentle hand grip exercises
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 NO valgus stress
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