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ELBOW MCL RECONSTRUCTION PROTOCOL

Phase I (immediate post-op)

- Splint for 8-10 days
- Hinged Brace for 4/5 weeks
- ROM: per individual Ext 30-45 degrees & Flex 60-90 degrees initially
- Brace progression to be given to pt
- Avoid pronation and supination in the brace
- May do gentle/light gripping in the brace
- Encourage wrist extension/flexion in the brace to decrease tightness from Palmaris harvest site
- Brace on at all times unless in the shower when you should use a sling

PHASE II (6 weeks post-op)

- Begin ROM exercises to restore full motion
PLEASE DO AS A LOW LOAD LONG DURATION STRETCH
NO FORCED FLEXION
- Gentle rotator cuff strengthening
- Shoulder stretching and flexibility to emphasize Posterior Capsule Stretching – pt will be given pictures of the stretches
- Cardiovascular exercises as tolerated
- Modalities

PHASE III (8 weeks post-op)

- Continue to advance cuff and scapular strengthening
- Advance shoulder stretching
- May start jogging
- Core strengthening

PHASE IV (16 weeks post-op)

- Functional progression
- Tossing program as given to pt (done every other day)
- Continue to work on shoulder stretching program
- Advance RC and scapular strengthening
- Continue to work on shoulder stretching program
- Advance RC and scapular strengthening
- Advance core strengthening