

Physical Therapy Prescription Elbow MCL Reconstruction

Patient Name:

Today's Date:

Surgery Date:

Diagnosis: s/p (LEFT / RIGHT) Elbow MCL Repair

Phase 1 (Week 1)

- Immobilize @ 70 degrees of flexion
- Wrist ROM
- Gripping exercises

Phase 2 (Week 1-4)

- Hinged Elbow Brace (40 to 90 degree ROM)
- Wrist and Elbow Isometrics
- Manual Scapular Stabilization exercises

Phase 3 (Week 4-6)

- Increase ROM (20 to 110 degrees)
- Light Wrist and Elbow Isotonics
- Scapular and Shoulder strengthening
- Avoid External Rotation and Valgus stress at Elbow

Phase 4 (Week 6-8)

- Brace removed
- Progress Shoulder, Elbow, and Wrist Isotonic exercises
- Initiate Ergometric exercises for upper body

Phase 5 (Week 8-10)

- Eccentric strengthening exercises – Wrist and Elbow
- Aggressive shoulder strengthening (overhead, rotator cuff)
- Ergometric endurance training
- Throwing patterns

Phase 6 (Week 10-13)

- Aggressive upper body strengthening
- Plyometric training
- Endurance training
- Restoration of flexibility



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Phase 7 (Week 14+) Interval throwing (light toss – 20' to 30', 2 to 3 sessions/ week)

No Wind Up Motion

5 months: Throwing distance increase (60')

6 months: Easy wind-up initiated

8 month: Return to mound, throwing (70% velocity)

8-10 months: Technique and body mechanics

12-18 months: Return to elite level competition

Frequency & Duration: (circle one) 1-2 2-3 x/week for _____ weeks Home Program

**Please send progress notes.

Physician's Signature: _____ **M.D.**