



**Kevin B. Freedman, M.D.**  
 Sports Medicine  
 825 Old Lancaster Rd, Suite 200  
 Bryn Mawr, PA 19010-3470  
 Phone: (800) 321-9999  
 Fax: (267) 479-1321

## ELBOW MCL RECONSTRUCTION REHABILITATION PROTOCOL

	<b>RANGE OF MOTION</b>	<b>IMMOBILIZER</b>	<b>THERAPEUTIC EXERCISE</b>
<b>PHASE I</b> <b>2 - 4 weeks</b>	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
<b>PHASE II</b> <b>4 - 6 weeks</b>	Begin AAROM to full flexion*	Brace locked at 0 ° 90 ° and to be worn at all times	Advance exercises in phase I
<b>PHASE III</b> <b>6 - 12 weeks</b>	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
<b>PHASE IV</b> <b>3 - 5 months</b>	Full and pain-free	None	Continue with shoulder strengthening, begin aggressive rotational exercises, light tossing, and sport-specific activities

\*No forced full flexion