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HEIDEN ORTHOPEDICS

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**ELBOW MCL RECONSTRUCTION  
REHABILITATION PROTOCOL**

	<b>RANGE OF MOTION</b>	<b>IMMOBILIZER</b>	<b>THERAPEUTIC EXERCISE</b>
<b>PHASE I</b> 0-4 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
<b>PHASE II</b> 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
<b>PHASE III</b> 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
<b>PHASE IV</b> 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