

Gregory Galano, MD
www.gregorygalanomd.com
phone: 212-737-3301
fax: 212-734-0407
license #: 241830

Patient Name:

Date:

Date of Surgery:

**Elbow Rehabilitation:
Medial Collateral Ligament Reconstruction**

Phase 1 (10–14 days)

- Splint immobilization
- Wrist ROM
- Gripping exercises

Phase 2 (Week 2-4)

- 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

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

Please send progress notes.

Physician's Signature: _____
Gregory Galano, MD