TROPICAL
MEDICAL GROUP

Dx: ☐ Right ☐ Left

Patient Name: _____

Date of Surgery: _____

PT/OT: Evaluate and treat. Follow the following protocol.

Signature/Date: _____

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ULNAR COLLATERAL LIGAMENT RECONSTRUCTION POSTOPERATIVE REHABILITATION FOR THROWERS

Phase I

Goals:

- Soft tissue healing
- Regain range of motion
- Submaximal isometric strengthening

0-10 Days	Immobilization
10 Days – 6 Weeks	Gentle active motion of the hand, wrist, elbow, shoulder Hinged brace: 30° – 100° motion
Weeks 3:	motion advanced to 15° to 110° motion
Weeks 3-6:	increase 5° extension/10° flexion per week

Phase II

Goals:

- Full range of motion restored
- Progressive, isotonic resistive strengthening program
- Remove brace with full motion achieved

6 Weeks – 9 Weeks	Stretching and isometric strengthening of the hand, wrist, elbow, shoulder. Rotator Cuff and Scapular Stabilization exercises performed isotonically (specifically external rotation)

Phase III

Goals:

- Advanced strengthening phase

9 Weeks – 13 weeks	Stretching and flexibility to restore full elbow, shoulder, and wrist range of motion Progress isotonic strengthening o Scapular muscles, external rotators, elbow/wrist flexors and extensors, and pronators/supinators Plyometrics start at 12 weeks

Phase IV

Goals:

- Return to throwing

3 Months (13 weeks)	Toss a ball 30 feet, 3 times a week, for 10 minutes	(No wind-up)
4 Months	Toss a ball 40 feet, 3 times a week, for 10 minutes	(No wind-up)
5 Months	Toss a ball 50 feet, 3 times a week for 10 minutes	(No wind-up)
6 Months	Toss a ball 60 feet with easy wind-up	
7 Months	General, unrestricted stretching and strengthening program for entire upper extremity	
9 Months	70 percent of maximum velocity for 25-30 minutes	
1 Year	Full Throwing	

*** If pain occurs at any throwing stage, patient is to back up to previous stage ***
*** Once throwing without pain at 120 ft, allowed to start throwing from a mound ***

1) Azar FM et al. Operative treatment of Ulnar Collateral Ligament injuries of the elbow in athletes. AJSM. 2000. 28(1):16-23.

2) Dodson et al. Medial Ulnar Collateral Ligament reconstruction in throwing athletes. AJSM. 2006. 34(12): 1926-1932