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UCL RECONSTRUCTION PROTOCOL

Phase I (Weeks 0 to 3)

Goals:

- Protect healing tissue
- Decrease pain/inflammation
- Reduce muscular atrophy

Treatment:

WEEK 1:

- Posterior splint at 90 degrees elbow flexion for 7 days
- Elbow compression dressing 2- 3 days
- ROM – Wrist AROM extension/flexion
- Exercises – gripping, wrist ROM, shoulder isometrics (no shoulder ER), bicep isometrics

WEEK 2:

- Application of elbow ROM brace set at 30-100
- Continue all exercises above, elbow ROM in brace, initiate elbow extension isometrics
- Brace: elbow ROM 25-100 (gradually increase ROM 5 deg extension/10 deg flexion per week)

WEEK 3:

- Continue all exercises above, elbow ROM in brace, initiate AROM wrist and elbow (no resistance)
- Brace: elbow ROM 15-110

Phase II (Weeks 4 to 7)

Goals:

- Gradual increase to full ROM
- Promote healing of repaired tissue
- Regain and improve muscular strength

Treatment:

WEEK 4:

- Begin light resistance exercises for arm: wrist curls, extensions, pronation, supination, elbow flex/ext
- Progress shoulder program, emphasize rotator cuff strengthening, avoid IR until week 6
- Brace: elbow ROM 0-125

WEEK 5:

- Elbow ROM 0-135
- Discontinue brace
- Continue all exercises

WEEK 6:

- Elbow AROM 0-145 without brace (or full ROM)
- Progress elbow strengthening exercises
- Progress shoulder program, initiate shoulder ER strengthening

WEEK 7:

- Progress light isotonic program
- Initiate thrower's ten program

Phase III (Weeks 8 to 13)

Goals:

- Increase strength, power, endurance
- Maintain full elbow ROM
- Gradually initiate sporting activities

Treatment:

- WEEK 8:
 - Continue isotonic program for forearm/wrist
 - Continue shoulder program thrower's ten
 - Initiate eccentric elbow flexion/extension
 - Manual resistance diagonal patterns and plyometric program
 - Continue stretching program, especially elbow extension
- WEEK 11:
 - Continue all exercises listed above
 - May begin light sport activities (i.e. golf, swimming)

Phase IV (Week 14 to 32)

Goals:

- Continue to increase power, strength, and endurance of upper extremity
- Gradual return to sport activities

Treatment:

- WEEK 14:
 - Maintain full elbow ROM, continue strengthening program
 - Emphasize elbow and wrist strength and flexibility exercises
- WEEK 16:
 - Continue all exercises
 - Initiate interval throwing program (Phase I)
 - Stretch before and after throwing
- WEEK 22-24:
 - Progress to Phase II throwing
- WEEK 30:
 - Progress to competitive throwing

Non-pitching positions 9-12 months post-op

Pitching 14 months post-op