



WAYPOINT

ORTHOPAEDIC ASSOCIATES

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 isotonicly (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

- 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