 (479) 966-4491

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Patient Info

Rehabilitation Protocol

Ulnar Collateral Ligament Reconstruction

First 10-14 days

- Splint is maintained
- Active and passive range of motion of fingers encouraged
- Goals: elevation and ice over splint to minimize swelling

Post-Operative Weeks 2-6

- Splint removed and hinged elbow brace applied
- Brace set to allow 30-90 degrees weeks 2 and 3
- Increase motion to 20- 100 for week 4
- Increase motion to 15- 105 for week 5
- Increase motion to 10- 115 for week 6
- Brace removed for showering and supervised physical therapy
- Active and passive hand and wrist range of motion without restriction in brace
- Continued ice, elevation, compression

Beginning 6 weeks Post-Operative

Goals:

- Restore full range of motion of elbow hand and wrist
- Protect elbow from valgus force
- Increase functional strength of shoulder, forearm, wrist, and hand
- Discontinue brace
- Unlimited active range of motion of elbow without resistance
- Submaximal shoulder isometrics
- Isotonics of wrist flexion/extension, forearm pronation/supination, elbow flexion/extension (Begin with 1 pound, and slowly progress)
- No Valgus loads on elbow
- If necessary, initiate strengthening in brace in protect against valgus load of the elbow

Week 12

Goals:

- Continued full range of motion
- Protect the ligament from undue valgus force
- Improved upper extremity strength and proprioception
- Continued increases muscular control of upper extremity
- Strengthening rotator cuff, shoulder girdle stabilization, active unrestricted shoulder range of motion strengthening
- Eccentric elbow flexion and extension exercises
- Rehabilitation allowed, for the first time in the 90 deg abduction, 90 external rotation position including manual isometric and isotonic strengthening
- Gentle throwbacks allowed beginning week 14

Week 16

Goals:

- Preparation for Gradual return to throwing
- Symmetric upper extremity strength, range of motion, and proprioception
- Program is backed up and slowly progressed if elbow pain is present
- Gentle throwing 20ft on flat ground

Weeks 18-32

Goal:










- Week 32 pain free fast ball at 75% on flat ground
- Flat ground throwing program progressive increase throwing distance starting at 45 ft to 120 ft at week 32
- Throwing sessions begin at 25 throws and work to 100 by week 32
- Absolutely no breaking pitches
- Fastball throwing program advances by 15 throws a session % effort and throw count are not to be advanced together

Weeks 32-44

Meet
Dr. Wesley Cox

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PLAY BALL... PLAY SAFE
By Wesley K. Cox, M.D.

Goal:

- Return to competition level throwing week 44
- Begin mound throwing at week 32
- Begin gentle breaking pitches at week 32, begin breaking pitches at 25%
- Limit breaking pitch count to 25% of total throws
- Work-up to simulated game progression
- Game Ready goal on week 44



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