

ELBOW UCL RECONSTRUCTION REHABILITATION PROGRAM

(TO BE GIVEN TO PHYSICAL THERAPIST)

TIMELINE:	INSTRUCTION:				
0-7 DAYS	<ul style="list-style-type: none"> • Splint is worn for one week. • No valgus stress to the elbow. • Full active forearm pronation and supination ROM. • Full active wrist radial and ulnar deviation ROM. Gentle stretching of wrist and fingers is okay. • Active and active assistive wrist flexion and extension ROM exercises. • Full active shoulder ROM – flexion, abduction, internal and external rotation. 				
1-4 WEEKS	<ul style="list-style-type: none"> • Discontinue splint at one week. • Sling may be worn for one more week, if necessary. • Two weeks post-operation, begin a Total Body Conditioning Program after incision is closed (starting earlier runs the risk of getting perspiration in or on the wound, increasing risk of infection). • Gradually achieve full elbow ROM. 				
1-2 MONTHS	<ul style="list-style-type: none"> • Athlete should have full ROM at the elbow, wrist, forearm, and shoulder. • One month post-operation, add light weights for resistive elbow and forearm exercises (i.e. elbow flexion and extension, forearm pronation and supination). 				
2-3 MONTHS	<ul style="list-style-type: none"> • Continue active, resistive exercises for the entire extremity, including the rotator cuff. • Continue lower body and trunk conditioning program. 				
3-4 MONTHS	<ul style="list-style-type: none"> • If there is no swelling and the athlete has full, pain free elbow ROM at fourteen weeks post-operation, the athlete may begin easy tossing (no wind-up), start with 25-30 throws, building up to 70 throws and gradually increase the throwing distance. • Note: The Throwing Program is performed 3-4 times per week. Apply ice after each throwing session to help decrease the inflammatory response to microtrauma. 				
	<table style="width: 100%; border: none;"> <tr> <td style="text-align: center; border: none;"><u># of THROWS</u></td> <td style="text-align: center; border: none;"><u>DISTANCE (ft)</u></td> </tr> <tr> <td style="text-align: center; border: none;">20</td> <td style="text-align: center; border: none;">20 (warm-up phase)</td> </tr> </table>	<u># of THROWS</u>	<u>DISTANCE (ft)</u>	20	20 (warm-up phase)
<u># of THROWS</u>	<u>DISTANCE (ft)</u>				
20	20 (warm-up phase)				

	25-40 10	30-40 20 (cool down phase)
4-5 MONTHS	<ul style="list-style-type: none"> Continue the Throwing Program by tossing the ball with an easy wind-up on alternate days. 	
	<u># of THROWS</u>	<u>DISTANCE (ft)</u>
	10	20 (warm-up phase)
	10	30-40
	30-40	50
	10	20-30 (cool down phase)
5-6 MONTHS	<ul style="list-style-type: none"> Continue increasing the throwing distance to a maximum of 60 feet. Continue tossing the ball with an occasional throw at no more than half speed. 	
	<u># of THROWS</u>	<u>DISTANCE (ft)</u>
	10	30 (warm-up phase)
	10	40-45
	30-40	60-70
	10	30 (cool down phase)
6-7 MONTHS	<ul style="list-style-type: none"> During this step, gradually increase the distance to 150 feet maximum. 	
Phase I:	<u># of THROWS</u>	<u>DISTANCE (ft)</u>
	10	40 (warm-up phase)
	10	50-60
	15-20	70-80
	10	50-60
	10	40 (cool down phase)
Phase II:	<u># of THROWS</u>	<u>DISTANCE (ft)</u>
	10	40 (warm-up phase)
	10	50-60
	20-30	80-90
	20	50-60
	10	40 (cool down phase)
Phase III:	<u># of THROWS</u>	<u>DISTANCE (ft)</u>
	10	40 (warm-up phase)
	10	60
	15-20	100-110
	20	60
	10	40 (cool down phase)
Phase IV:	<u># of THROWS</u>	<u>DISTANCE (ft)</u>
	10	40 (warm-up phase)
	10	60
	15-20	120-150
	20	60

	10	40 (cool down phase)
7-8 MONTHS	<ul style="list-style-type: none"> Progress to throwing off the mound and $\frac{1}{2}$ to $\frac{3}{4}$ speed. Try to use proper body mechanics, especially when throwing off the mound. <ul style="list-style-type: none"> Stay on top of the ball. Keep the elbow up. Throw over the top. Follow through with the arm and trunk. 	
Phase I:	<u># of THROWS</u>	<u>DISTANCE (ft)</u>
	10	60 (warm-up phase)
	10	120-150 (lobbing)
	30	45 (off the mound)
	10	60 (off the mound)
Phase II:	<u># of THROWS</u>	<u>DISTANCE (ft)</u>
	10	50 (warm-up phase)
	10	120-150 (lobbing)
	20	45 (off the mound)
	20	60 (off the mound)
Phase III:	<u># of THROWS</u>	<u>DISTANCE (ft)</u>
	10	50 (warm-up phase)
	10	60
	10	120-150 (lobbing)
	30	45 (off the mound)
Phase IV:	<u># of THROWS</u>	<u>DISTANCE (ft)</u>
	10	50 (warm-up phase)
	10	120-150 (lobbing)
	10	45 (off the mound)
	40-50	60 (off the mound)
9-10 MONTHS	<u># of THROWS</u>	<u>DISTANCE (ft)</u>
	10	50 (warm-up phase)
	10	120-150 (lobbing)
	10	45 (off the mound)
	40-50	60 (off the mound)
	10	40 (cool down phase)
<ul style="list-style-type: none"> At this time, if the pitcher has successfully completed the above phase without pain or discomfort and is throwing approximately $\frac{3}{4}$ speed, the pitching coach and trainer may allow the pitcher to proceed to the next step of "Up/Down Bullpens". Up/Down Bullpens is used to simulate a game situation. The pitcher rests in between a series of pitches to reproduce the rest period in between innings. <p>Up/Down Bullpens: (1/2 – 3/4 speed)</p>		

Day 1:	<u># of THROWS</u>	<u>DISTANCE (ft)</u>
	10 warm up	120-150 (lobbing)
	10 warm up	60 (off the mound)
	40 pitches	60 (off the mound)
	REST 10 MINUTES	
	20 pitches	60 (off the mound)
Day 2:	OFF	