

Ulnar Collateral Ligament Reconstruction

- Goals:**
- Protect healing tissue
 - Decrease pain/inflammation
 - Retard muscular atrophy during first six weeks
 - Add lower body and aerobic conditioning as comfort allows
 - Progress extension approximately five degrees per week with goal of full elbow extension by six weeks
 - Throwing Program begins at six months

Days 1 – 7

Immobilization in splint and sling with wrist free

Wrist and finger flex and ext exercises, also squeeze stress ball as tolerated

Week 2 (PT two or three times a week)

Discontinue splint and sling, wear splint or sling only at school and public places

Start passive and active ROM in extension

Start active ROM for flexion only – no need to passively stretch flexion unless patient is not progressing

Active shoulder ROM

Avoid all valgus stress on the elbow

Weeks 3 – 6 (PT two or three times a week)

Start RTC and scapulothoracic strengthening avoiding any valgus stress on elbow

Begin stretching for wrist finger flexors and extensors

Week 4 – (PT two or three times per week)

Discontinue splint wear in public places – if elbow extension is not progressing add soft tissue mobilization with low-load long duration stretches.

Weeks 6 – 16 (PT one or two times a week depending on elbow ROM)

Goal: Full passive elbow extension upon entering clinic (by six weeks)

Begin resistance training with RTC and scapulothoracic exercises

Begin resistance training for Elbow extension/flexion, Wrist extension/flexion

Start single leg balance activities, rewind throwing drills

Begin closed kinetic chain exercises

Incorporate overall body conditioning if not already begun: running, elliptical, bike (stationary)

Month 4 (PT one time every 3-4 weeks)

Start throwing at 45 ft for 10 minutes (3-4 times a week with rest day between)

Throwing just hard enough to reach the target and remind player there should be slight arc on the ball.

Warm-up is included in allotted time. The number one reason for soreness is throwing too hard.

Work to insure proper follow-through at ball release and focus on hitting specific targets when throwing. This will aide accuracy recovery when mound program begins

May start hitting off the tee for 10-15 minutes gradually progressing in intensity

Month 5 (PT one time every 3-4 weeks)

Increase throwing to 60 ft for 10-15 minutes (3 times per week)

Start hitting soft toss for 10-15 minutes (3 times per week)

Month 6 (PT one time every 3-4 weeks)

Start hitting live pitches

Videotape throwing mechanics after athlete has thrown 90 ft for 15 minutes

Week 1 – Throwing at 60 ft for 15 minutes

Week 2 and 3 – Throwing at 90 ft for 15 minutes

Week 4 – Throwing at 120 ft for 15 minutes

Pitchers

Month 7 (PT one time every 3-4 weeks)

Week 1 – Throwing at 120 ft for 15 minutes

Week 2 – Begin Bullpen throwing (**flat ground only**)

Day 1 – Interval throwing to 120 ft as standard warm up

50% FB only – 25 throws

Day 2 – Rest

Day 3 – Standard warm up, 50% FB only – 35 throws

Day 4 – Rest

Day 5 – Standard warm up, 75% FB only – 35 throws

Day 6 – Rest

Day 7 – Standard warm up, 75% FB only – 50 throws

Day 8 – Rest

Day 9 – Standard warm up, 75% FB – 40 throws, 50% BB – 20 throws

Day 10 – Rest

Day 11 – Standard warm up, 75% FB – 40 throws, 50% BB – 20 throws

Day 12 – Rest

Day 13 – Standard warm up, 90% FB – 30 throws, 75% BB – 20 throws

Day 14 – Rest

Day 15 – Standard warm up, 90% FB – 30 throws, 75% BB – 20 throws

Day 16 – Rest

Day 17 – Standard warm up, 95% FB – 30 throws, 95%BB – 20 throws

Day 18 – Rest

Day 19 – Standard warm up, 95% FB – 30 throws, 95%BB – 20 throws

Day 20 – Rest

Month 8 (PT one time every 3-4 weeks)

Week 1 – Begin pitching off mound

Day 1 – Interval throwing to 120 ft as standard warm up

50% FB only – 25 throws

Day 2 – Rest

Day 3 – Standard warm up, 50% FB only – 35 throws

Day 4 – Rest

Day 5 – Standard warm up, 75% FB only – 35 throws

Day 6 – Rest

Day 7 – Standard warm up, 75% FB only – 50 throws

Day 8 – Rest

Day 9 – Standard warm up, 75% FB – 40 throws, 50% BB – 20 throws

Day 10 – Rest

Day 11 – Standard warm up, 90% FB – 30 throws, 75% BB – 20 throws

Day 12 – Rest

Day 13 – Standard warm up, 95% FB – 30 throws, 95%BB – 20 throws

Day 14 – Rest

Day 15 – Simulated Game 2-3 innings

Day 16 – 5-10 minutes interval throwing to 90 ft

Day 17 – Simulated Game 2-3 innings

Day 18 – 5-10 minutes interval throwing to 90 ft

Day 19 – Rest

Day 20 – Live scrimmage

Day 21 – 5-10 minutes interval throwing to 90 ft

Day 22 – Rest

Day 23 – Released for competition

Fielders

Month 7 (PT one time every 3-4 weeks)

Interval throwing to 120 ft as Standard warm up

Alternate throwing day with rest day (no back to back throwing days)

Week 1 – Standard warm up

50% effort with 25 throws

Week 2 – Standard warm up

50% effort with 35-40 throws

Week 3 – Standard warm up

75% effort with 25 throws

Week 4 – Standard warm up

75% effort with 35-40 throws

Month 8 (PT one time every 3-4 weeks)

Interval throwing to 120 ft as Standard warm up

Alternate throwing day with rest day (no back to back throwing days)

Week 1 – Standard warm up

90% effort with 25 throws

Week 2 – Standard warm up

90% effort with 35-40 throws

Week 3 – Standard warm up

95% effort with 25 throws

Week 4 – Standard warm up

95% effort with 35-40 throws

Released for competition