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UCL Reconstruction Protocol

Name: _____ Date: _____

Diagnosis: _____

Date of Surgery: _____

Frequency: _____ times per week | Duration: _____ weeks

Week 1:

- Elbow is immobilized in the Bledsoe Brace at 75 degrees flexion (7-10 days) with wrist free but in sling.
- Dressing changed at 7-10 days after surgery.

Week 2:

- Begin active range of motion in the brace.
- Brace adjusted to 15 degrees (locked) extension to full flexion.
- May begin grip strength in brace.

Week 3:

- Discontinue brace and begin PT.

Week 4:

- Discontinue the use of the Bledsoe Brace.
- Shoulder and elbow ROM, PROM-AAROM-AROM, advance as tolerated.
- Begin muscle strengthening exercises for wrist, forearm, elbow and shoulder.
- Advance strengthening as tolerated (avoid aggressive weightlifting until 12 weeks after surgery, especially chest flies or other lifts that directly stress the ligament).
- Valgus stress on the elbow is avoided until at least 2 months after surgery.
- Total body conditioning / aerobic training may begin.

Month 4:

- May begin an interval-throwing program progressing from 45 ft up to 180 ft.
- Pitchers are not asked to throw past 120 ft, infielders are not asked to throw past 150ft.
- The player may progress from one distance level to the next when the following criteria are met:
 - There is no pain or stiffness while throwing
 - There is no significant pain or stiffness after throwing
 - Strength is good throughout the final set with little fatigue
 - The throwing motion is effortless and fundamentally sound
 - Accuracy is consistent and throws are online
- For Pitchers, the mound program begins at the completion of the 120 ft level.
 - The catcher is initially moved forward but throwing with a pitching motion is reserved for the mound.
- No flat ground pitching is allowed.

UCL Reconstruction Protocol (cont'd)

Months 9-12:

- Return to competition is permitted when the following conditions are met:
 - Trunk, scapula, shoulder and arm muscle strength and balance have returned to normal
 - There is no pain while throwing
 - Throwing balance, rhythm, and coordination have been reestablished

Comments:

Additional:

Functional Capacity Evaluation Work Hardening/Work Conditioning Teach HEP

Modalities:

Electric Stimulation Ultrasound Iontophoresis Phonophoresis TENS Heat before/after
 Ice before/after Trigger points massage Other: _____
 Therapist's discretion

Signature: _____

Date: _____