

ULNAR COLLATERAL LIGAMENT RECONSTRUCTION

Rehab Protocol

Weeks 0-4:

- Posterior mold splint and sling until first post-op visit
- Splint removed and use hinged elbow brace for weeks 2-4
- Brace at 15 degrees (locked) extension to full flexion
- May begin grip strength in brace
- PT begins after splint is removed; PROM full flexion to 15 deg extension

Weeks 4:

- Discontinue brace
- PROM into AAROM and AROM at elbow and shoulder as tolerated
- Begin strengthening exercises for wrist forearm, elbow and shoulder
- No aggressive weight lifting until 12 weeks post operatively
- No chest flies or lifts stressing ligament
- Avoid valgus stress on elbow until 2 months post operatively
- Total body conditioning / aerobic training may begin

4 Months:

- May begin interval-throwing program progressing from 45ft. up to 180ft.
- Pitchers are not asked to throw past 120ft., infielders not past 150ft.
- May progress from one distance level to next when following are met:
 - No pain or stiffness while throwing
 - No pain or stiffness after throwing
 - Strength is sufficient throughout the final set with min. fatigue
 - Throwing motion is effortless and fundamentally sound
 - Accuracy is consistent and throws are on line For pitchers, mound program begins at completion of 120ft. level
 - Catcher is initially moved forward, but throwing with pitching motion is reserved for the mound
 - No flat ground pitching is allowed

9-12 Months:

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

