

PHYSICAL THERAPY PROTOCOL/PRESCRIPTION: Ulnar Collateral Ligament Reconstruction

Name: _____

Date of Surgery: _____

Diagnosis: _____

Signed: _____

Frequency: 2-3 times per week x 12 weeks**0-7 Days:**

- Splint is worn for one week
- Squeeze a soft ball on the first post-op day
- No valgus stress to elbow
- Full active forearm pronation and supination
- Full active wrist radial and ulnar deviation ROM. Gentle stretching of wrist and fingers is okay
- Active and active assist wrist flexion and extension range of motion exercises
- Full AROM shoulder- flexion, ABD, IR, ER

1-4 Weeks:

- D/C splint at 1 week
 - o May wear sling for following week in needed
- 2 weeks post-op begin a Total Body Conditioning Program once incision is closed
 - o Starting earlier increases risk for wound infection
- Gradually increase elbow ROM until full

1-2 Months:

- Full ROM at elbow, wrist, forearm, and shoulder
- At 1 month add light weights for resisted elbow and forearm exercises (flexion/extension, pro/sup)

2-3 Months:

- Continue active resistive exercises for entire upper extremity, including rot cuff
- Continue lower body and trunk conditioning program

3-4 Months:

- If no swelling and full painless ROM, begin easy tossing (no wind-up)
 - o Start 25-30 throws, slowly build to 70 throws and increase distance
 - Throwing program 3-4 times per week
 - Ice after throwing sessions

<u># of throws</u>	<u>Distance (feet)</u>
10	20 (warm-up phase)
10	30-40
30-40	50
10	20-30 (cool down)

5-6 Months:

- Continue to increase throwing distance to a max of 60 feet
- Continue tossing ball with occasional throw at no more than half speed

<u># of throws</u>	<u>Distance (feet)</u>
10	30 (warm-up)
10	40-45
30-40	60-70
10	30 (cool down)

6-7 Months:

- During this phase, gradually increase distance to max of 150 feet

<u>Phase 1:</u>	<u># of Throws</u>	<u>Distance (feet)</u>
	10	40 (warm-up)
	10	50-60
	15-20	70-80
	10	50-60
	10	40 (cool down)

<u>Phase 2:</u>	<u># of Throws</u>	<u>Distance (feet)</u>
	10	40 (warm-up)
	10	50-60
	20-30	80-90
	20	50-60
	10	40 (cool down)

<u>Phase 3:</u>	<u># of Throws</u>	<u>Distance (feet)</u>
	10	40 (warm-up)
	10	60
	15-20	100-110
	20	60
	10	40 (cool down)

<u>Phase 4:</u>	<u># of Throws</u>	<u>Distance (feet)</u>
	10	40 (warm-up)
	10	60
	15-20	120-150
	20	60
	10	40 (cool down)

7-8 Months:

- Progress to throwing off the mound at $\frac{1}{2}$ to $\frac{3}{4}$ speed. Try to use proper body mechanics, especially when throwing off the mound:
 - o Stay on top of the ball
 - o Keep the elbow up
 - o Throw over the top
 - o Follow through with the arm and trunk

<u>Phase 1:</u>	<u># of Throws</u>	<u>Distance (feet)</u>
	10	60 (warm-up)
	10	120-150 (lobbing)
	30	45 (off the mound)
	10	60 (off the mound)
	10	40 (cool down)

<u>Phase 2:</u>	<u># of Throws</u>	<u>Distance (feet)</u>
	10	50 (warm-up)
	10	120-150 (lobbing)
	20	45 (off the mound)
	20	60 (off the mound)
	10	40 (cool down)

<u>Phase 3:</u>	<u># of Throws</u>	<u>Distance (feet)</u>
	10	50 (warm-up)
	10	60
	10	120-150 (lobbing)
	10	45 (off the mound)
	30	60 (off the mound)
	10	40 (cool down)

<u>Phase 4:</u>	<u># of Throws</u>	<u>Distance (feet)</u>
	10	50 (warm-up)
	10	120-150 (lobbing)
	10	45 (off the mound)
	40-50	60 (off the mound)
	10	40 (cool down)

9-10 Months

- At this time, if the pitcher has successfully completed the above phase without pain/discomfort and is throwing about $\frac{3}{4}$ speed, pitching coach and trainer may allow the pitcher to proceed to the next step of "Up/Down Bullpens." These are used to simulate a game situation. The pitcher rests in between a series of pitches to reproduce the rest period in between innings.

Up/Down Bullpens: (1/2 to 3/4 speed)

Day 1:	<u># of Throws</u>	<u>Distance (feet)</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

Day 3:	<u># of Throws</u>	<u>Distance (feet)</u>
	10 warm-up	120-150 (lobbing)
	10 warm-up	60 (off the mound)
	30 pitches	60 (off the mound)
	Rest 10 minutes	
	10 warm-up	60 (off the mound)
	20 pitches	60 (off the mound)
	Rest 10 minutes	
	10 warm-up	60 (off the mound)
	20 pitches	60 (off the mound)

Day 4: Off

Day 5:	<u># of Throws</u>	<u>Distance (feet)</u>
	10 warm-up	120-150 (lobbing)
	10 warm-up	60 (off the mound)
	30 pitches	60 (off the mound)
	Rest 8 minutes	
	20 pitches	60 (off the mound)
	Rest 8 minutes	
	20 pitches	60 (off the mound)
	Rest 8 minutes	
	20 pitches	60 (off the mound)

10-12 Months:

- At this point, the pitcher is ready to begin a normal routine, from throwing, batting practice to pitching in the bullpen. This program should be adjusted as needed by your physician, athletic trainer or physical therapist.