Desert Orthopedic Specialists

**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

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