

## Postoperative Rehabilitation Program Following UCL Repair with Augmentation

### I. Initial Phase (Week 1)

**Goals:** Full wrist and elbow ROM

- Decrease swelling
- Decrease pain
- Prevent muscle atrophy

#### Day of Surgery

- Posterior Splint to Elbow Joint for 5-7 days
- PROM wrist & hand

#### Post-op Day 1 and 2

- Posterior Splint to elbow for 5-7 days
- Immediate post-op hand, wrist, and hand exercises
  - Putty/grip strengthening
  - Wrist flexor stretching
  - Wrist extensor stretching
  - Shoulder PROM – all directions
  - Pendulum exercises

#### Post-op Day 3 through 7

- PROM shoulder & wrist/hand
- Continue UE exercises
  - Shoulder isometrics
    - ER & IR
    - Abduction, Flexion & extension
  - Scapular strengthening (seated NM control drills with manual resistance)
  - Hand gripping exercises

### II. Acute Phase (Week 2-4)

**Goals:** Gradually restore Elbow Joint ROM

- Improve muscular strength and endurance
- Normalize joint arthrokinematics

#### Week 2: Discontinue posterior splint

- Progress to Elbow ROM brace (30-110<sup>0</sup>) ... set Brace ROM 30-110<sup>0</sup>
- Elbow AAROM/PROM exercises
  - Initiate AROM elbow
  - Initiate AROM shoulder joint
  - Scapular strengthening exercises
  - Progress to light isotonic strengthening at day 10

#### Week 3: Progress Elbow ROM to 10-125<sup>0</sup>

- Initiate Thrower's Ten Exercise Program
- Initiate Lower Extremity exercises
  - Single leg squats (step downs)
  - Leg press
  - Wall squats
  - Lateral slides
  - Hip & core exercise
  - Caution: no squats with olympic bar, clean & jerks, overhead presses, dead lifts, etc...

### III. Intermediate Phase (Week 4-8)

**Goals:** Restore full Elbow ROM

Progress UE strength  
Continue with functional progression

**Week 4:** Progress Elbow ROM to 0-145°  
Progress Thrower's Ten Program  
Progress elbow & wrist strengthening exercises

**Week 6:** Initiate 2 hand Plyometrics  
Discontinue brace at week 6

**Week 8** Progress to 1 hand Plyometrics  
Initiate advanced thrower's ten program  
Prone planks

#### IV. **Advanced Phase (Weeks 9-14)**

\*Criteria to progress to Advanced Phase:

Full nonpainful ROM  
No pain or tenderness  
Isokinetic test that fulfills criteria to throw  
Satisfactory clinical exam  
Completion of rehab phases without difficulty

Goals: Advanced strengthening exercises  
Initiate Interval Throwing Program  
Gradual return to throwing

**Week 9:** Continue all strengthening exercises  
Advanced thrower's ten program  
Plyometrics program (1 & 2 hand program)  
Side planks for ER strengthening

**Week: 10:** Seated machine bench press  
Seated row machine

**Week 11-16:** Initiate Interval Throwing program week 11-12  
(long toss program) Phase I  
Initiate Interval Hitting Program (week 10)  
Continue all exercises in week 9

**Week 16-20:** Initiate Interval Throwing Program Phase II  
(off mound program)  
Initiate mound throwing when athlete is ready & has  
completed ITP Phase I

#### V. **Return to Play Phase (weeks 16-24 >):**

Goal: Gradual return to competitive throwing  
Continue all exercises & stretches

**Week 16>:** Initiate gradual return to competitive throwing  
Perform dynamic warm-ups & stretches  
Continue thrower's ten program  
Return to competition when athlete is ready  
(*Physician Decision*)

**Note: \*\*** Each athlete may progress thru ITP at different rates/pace.  
Should complete 0-90 ft within 3 weeks of starting it & complete  
150/180 ft within 8 weeks then begin mound program.