
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 (30-110⁰) ... set Brace ROM 30-110⁰

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 10-125⁰

- 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.