

## ULNAR COLLATERAL LIGAMENT RECONSTRUCTION

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### 0-4 Weeks Post-Op:

- Week 1: immobilized at 90 of elbow flexion in splint/sling
- Week 2: functional hinged brace with ROM 30-100; may begin grip strength
- Week 3: functional hinged brace with ROM 15-110
- Week 4: functional hinged brace with ROM 10-120

### Week 4 Post-Op:

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

### 4 months Post-Op:

May begin interval throwing program progressing from 45 ft up to 180 ft  
Pitchers are not asked to throw past 120 ft; infielders not past 150 ft

- 1) May progress from one distance level to next when the following are met:
- 2) No pain or stiffness while throwing
- 3) No pain or stiffness after throwing
- 4) Strength is sufficient throughout the final set with minimal fatigue
- 5) Throwing motion is effortless and fundamentally sound
- 6) Accuracy is consistent and throws are on line

For pitchers, mound program begins at completion of 120 ft level

- 1) Catcher is initially moved forward, but throwing with pitching motion is reserved for the mound
- 2) No flat ground pitching is allowed

### 9-12 months Post-Op:

Return to competition is permitted when the following conditions are met:

- 1) Trunk, scapula, shoulder, and arm muscle strength/balance have returned to normal
- 2) No pain while throwing
- 3) Throwing balance, rhythm and coordination have been reestablished