

UCL RECONSTRUCTION PROTOCOL

	BRACE	ROM	EXERCISES
PHASE I Week 1	Elbow is immobilized in the Bledsoe Brace at 75 degrees flexion (7-10 days) with wrist free but in sling. Dressing changed at 7-10 days after surgery		
PHASE II Week 2	Begin active range of motion in the brace. Brace adjusted to 30 degrees (locked) extension to full flexion		May begin grip strength in brace
PHASE III Week 4	Discontinue the use of the Bledsoe Brace	Shoulder and elbow ROM, PROM-AAROM-AROM, advance as tolerated	Begin muscle strengthening exercises for wrist, forearm, elbow and shoulder Advance strengthening as tolerated (avoid aggressive weight-lifting until 12 weeks after surgery, especially chest flies or other lifts that directly stress the ligament Valgus stress on the elbow is avoided until at least 2 months after surgery Total body conditioning / aerobic training may begin
PHASE IV Month 4			May begin an interval-throwing program progressing from 45 ft up to 180 ft. Pitchers are not asked to throw past 120 ft, infielders are not asked to throw past 150ft. The player may progress from one distance level to the next when the following criteria are met: - There is no pain or stiffness while throwing - There is no significant pain or stiffness after throwing Strength is good throughout the final set with little fatigue - The throwing motion is effortless and fundamentally sound - Accuracy is consistent and throws are online

		<p>For Pitchers, the mound program begins at the completion of the 120 ft level. The catcher is initially moved forward, but throwing with a pitching motion is reserved for the mound No flat ground pitching is allowed</p>
<p>PHASE V Months 9-12</p>		<p>Return to competition is permitted when the following conditions are met: Trunk, scapula, shoulder and arm muscle strength and balance have returned to normal There is no pain while throwing Throwing balance, rhythm, and coordination have been reestablished</p>

Comments:

Functional Capacity Evaluation Work Hardening/Work Conditioning Teach HEP