

UCL RECONSTRUCTION REHABILITATION PROTOCOL

	RANGE OF MOTION	IMMOBILIZER	EXERCISES
PHASE I 0-2 Weeks	None	Sling and postop posterior splint Worn at all times	Gentle wrist and shoulder ROM, grip strength *Okay to use phone, desk work, etc *Stationary bike, elliptical okay if arm in brace/splint and arm not being used
PHASE II 2-4 Weeks	PROM full flexion to 15 degrees extension	Brace locked 20 degrees extension to full flexion, Worn at all times besides hygiene	Gradual progression of passive and active-assisted ROM, gentle joint mobs, closed chain scapula program, deltoid and cuff isotonic Start total body conditioning/aerobic training Avoid valgus stress until 8 wks
PHASE III 4-16 weeks	Advance to AAROM and AROM as tolerated at elbow and shoulder	Discontinue brace at 4 weeks	Advance wrist, forearm, elbow, shoulder strengthening Avoid valgus stress until 8 weeks Start weight lifting after 12 weeks- including trunk, core, and lower body
PHASE IV 4 months to 9 months	Full and pain-free AROM	None	Start interval throwing program with progression from 45 ft to 180ft (Pitchers are not asked to throw past 120ft., infielders not past 150ft.)* Progress to next level when: no pain/stiffness during or after throwing, strength sufficient through final set, motion effortless and fundamentally sound, accuracy consistent and throws on line
PHASE V 9 months+	Full and pain-free	None	Return to competition when: <ul style="list-style-type: none"> - Trunk, scapula, shoulder, arm muscle strength/balance returned to normal - No pain while throwing - Throwing balance, rhythm, coordination reestablished

*For pitchers, mound program begins at completion of 120ft. level. Catcher is initially moved forward, but throwing with pitching motion is reserved for the mound. No flat ground pitching is allowed

**After completion of the interval throwing program to 120ft, we recommend scheduling a throwing assessment with our Sports Performance team to guide progression to a safe return to sport program: <https://www.rushortho.com/specialties-services/sports-performance-and-recovery/throwing-assessment/>