

UCL RECONSTRUCTION

Physical Therapy, Strength and Conditioning

PHASE I: MAXIMUM PROTECTION (WEEKS 0 TO 2)

- Immobilization in posterior splint at 90° of elbow flexion
- Sling 14 days
- Ice and modalities to reduce pain and inflammation
- Passive/Active wrist and hand range of motion

PHASE II: ACTIVE RANGE OF MOTION AND EARLY STRENGTHENING (WEEKS 2 TO 6)

Weeks 2 to 3

- Brace setting 30° to 110°
- Passive/Active elbow flexion and extension 0° to 100°
- Scar mobilization
- Light resistance wrist and hand strengthening
- Rotator cuff sub-max isometrics
- Prone scapular strengthening exercises
- Proprioception drills emphasizing neuromuscular control

Weeks 3 to 4

- Brace setting from 20° to 110°
- ROM 0°-120°
- Continue exercises as above

Weeks 4 to 5

- Brace setting 10° to 120°
- Work for full ROM
- Rotator cuff and scapular strengthening avoiding valgus stress
- Light CKC axial loading with quadruped weight shifting

Weeks 5 to 6

- Brace setting 0° to 130°
- Full ROM
- Continue exercises as above

PHASE III: STRENGTHENING AND PLYOMETRIC PHASE (WEEKS 6 TO 16)

Weeks 6 to 10:

- Discontinue brace
- Scar mobilization
- Restore full elbow range of motion with terminal stretching
- Flexor/pronator stretching
- Prone T, Y and W series
- ER, IR, rows tubing or weights
- CKC compression—quadruped weight shift or ball compressions
- Biceps and triceps at 8 weeks
- Forearm strengthening
- PNF patterns
- Core and lower extremity strengthening

Weeks 10 to 16:

- Advance to full gym program avoiding valgus stress (power cleans)
- Advance closed kinetic chain exercises—push up progression
- Plyoball wall drills
- Rebounder drills: two progressing to one arm

PHASE IV: ADVANCE STRENGTHENING AND INTERVAL THROWING PROGRESSION (4 TO 12 MONTHS)

- Continue with rotator cuff and scapular strengthening and flexibility program
- Continue with comprehensive gym program upper, lower and core
- Strength test with therapist and follow-up with physician (4 months)
- Initiate interval throwing program based on >90% strength and negative clinical exam
- Interval hitting program
- Position player anticipate return to full competition at 6-9 months
- Pitchers anticipate return to full competition 9-12 months