

ORTHOARIZONA

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Ulnar Collateral Ligament Reconstruction

Goals: •Protect healing tissue

•Decrease pain/inflammation

•Retard muscular atrophy during first six weeks

•Add lower body and aerobic conditioning as comfort allows

•Progress extension approximately five degrees per week with goal of full elbow extension by six weeks

•Throwing Program begins at six months

Days 1 – 7

Immobilization in splint and sling with wrist free

Wrist and finger flex and ext exercises, also squeeze stress ball as tolerated

Week 2 (PT two or three times a week)

Discontinue splint and sling, wear splint or sling only at school and public places

Start passive and active ROM in extension

Start active ROM for flexion only – no need to passively stretch flexion unless patient is not progressing

Active shoulder ROM

Avoid all valgus stress on the elbow

Weeks 3 – 6 (PT two or three times a week)

Start RTC and scapulothoracic strengthening avoiding any valgus stress on elbow

Begin stretching for wrist finger flexors and extensors

Week 4 – (PT two or three times per week)

Discontinue splint wear in public places – if elbow extension is not progressing add soft tissue mobilization with low-load long duration stretches.

Weeks 6 – 16 (PT one or two times a week depending on elbow ROM)

Goal: Full passive elbow extension upon entering clinic (by six weeks)

Begin resistance training with RTC and scapulothoracic exercises

Begin resistance training for Elbow extension/flexion, Wrist extension/flexion

Start single leg balance activities, rewind throwing drills

Begin closed kinetic chain exercises

Incorporate overall body conditioning if not already begun: running, elliptical, bike (stationary)

Month 4 (PT one time every 3-4 weeks)

Start throwing at 45 ft for 10 minutes (3-4 times a week with rest day between)
Throwing just hard enough to reach the target and remind player there should be slight arc on the ball.

Warm-up is included in allotted time. The number one reason for soreness is throwing too hard.

Work to insure proper follow-through at ball release and focus on hitting specific targets when throwing. This will aide accuracy recovery when mound program begins

May start hitting off the tee for 10-15 minutes gradually progressing in intensity

Month 5 (PT one time every 3-4 weeks)

Increase throwing to 60 ft for 10-15 minutes (3 times per week)

Start hitting soft toss for 10-15 minutes (3 times per week)

Month 6 (PT one time every 3-4 weeks)

Start hitting live pitches

Videotape throwing mechanics after athlete has thrown 90 ft for 15 minutes

Week 1 – Throwing at 60 ft for 15 minutes

Week 2 and 3 – Throwing at 90 ft for 15 minutes

Week 4 – Throwing at 120 ft for 15 minutes

Pitchers

Month 7 (PT one time every 3-4 weeks)

Week 1 – Throwing at 120 ft for 15 minutes

Week 2 – Begin Bullpen throwing (**flat ground only**)

Day 1 – Interval throwing to 120 ft as standard warm up
50% FB only – 25 throws

Day 2 – Rest

Day 3 – Standard warm up, 50% FB only – 35 throws

Day 4 – Rest

Day 5 – Standard warm up, 75% FB only – 35 throws

Day 6 – Rest

Day 7 – Standard warm up, 75% FB only – 50 throws

Day 8 – Rest

Day 9 – Standard warm up, 75% FB – 40 throws, 50% BB – 20 throws

Day 10 – Rest

Day 11 – Standard warm up, 75% FB – 40 throws, 50% BB – 20 throws

Day 12 – Rest

Day 13 – Standard warm up, 90% FB – 30 throws, 75% BB – 20 throws

Day 14 – Rest

Day 15 – Standard warm up, 90% FB – 30 throws, 75% BB – 20 throws

Day 16 – Rest

Day 17 – Standard warm up, 95% FB – 30 throws, 95% BB – 20 throws

Day 18 – Rest
Day 19 – Standard warm up, 95% FB – 30 throws, 95%BB – 20 throws
Day 20 – Rest

Month 8 (PT one time every 3-4 weeks)

Week 1 – Begin pitching off mound

Day 1 – Interval throwing to 120 ft as standard warm up
50% FB only – 25 throws
Day 2 – Rest
Day 3 – Standard warm up, 50% FB only – 35 throws
Day 4 – Rest
Day 5 – Standard warm up, 75% FB only – 35 throws
Day 6 – Rest
Day 7 – Standard warm up, 75% FB only – 50 throws
Day 8 – Rest
Day 9 – Standard warm up, 75% FB – 40 throws, 50% BB – 20 throws
Day 10 – Rest
Day 11 – Standard warm up, 90% FB – 30 throws, 75% BB – 20 throws
Day 12 – Rest
Day 13 – Standard warm up, 95% FB – 30 throws, 95%BB – 20 throws
Day 14 – Rest
Day 15 – Simulated Game 2-3 innings
Day 16 – 5-10 minutes interval throwing to 90 ft
Day 17 – Simulated Game 2-3 innings
Day 18 – 5-10 minutes interval throwing to 90 ft
Day 19 – Rest
Day 20 – Live scrimmage
Day 21 – 5-10 minutes interval throwing to 90 ft
Day 22 – Rest
Day 23 – Released for competition

Fielders

Month 7 (PT one time every 3-4 weeks)

Interval throwing to 120 ft as Standard warm up
Alternate throwing day with rest day (no back to back throwing days)
Week 1 – Standard warm up
50% effort with 25 throws
Week 2 – Standard warm up
50% effort with 35-40 throws
Week 3 – Standard warm up
75% effort with 25 throws
Week 4 – Standard warm up
75% effort with 35-40 throws

Month 8 (PT one time every 3-4 weeks)

Interval throwing to 120 ft as Standard warm up

Alternate throwing day with rest day (no back to back throwing days)

Week 1 – Standard warm up

90% effort with 25 throws

Week 2 – Standard warm up

90% effort with 35-40 throws

Week 3 – Standard warm up

95% effort with 25 throws

Week 4 – Standard warm up

95% effort with 35-40 throws

Released for competition