

UCL Repair with Augmentation:

The intent of this protocol is to provide the therapist with guidelines of the post-operative rehabilitation course after a UCL repair with augmentation. It should not be a substitute for one's clinical decision making regarding the progression of a patient's post-operative course based on their physical exam findings, individual progress, and/or the presence of post-operative complications. The therapist should consult the referring physician with any questions or concerns.

INDIVIDUAL CONSIDERATIONS:

Acute Phase (Weeks 2-4)**Goals**

- Gradually restore elbow joint ROM
- Improve muscular strength and endurance
- Normalize joint arthrokinematics

Week 2

- Discontinue posterior splint
- Progress to elbow ROM brace (30-110 degrees)
- Elbow AAROM/PROM exercises
- Initiate AROM elbow
- Initiate AROM shoulder joint
- Scapular strengthening exercises
- Progress to light isotonic strengthening

Week 3

- Progress elbow ROM to 10-125 degrees
- Initiate Thrower's Ten Exercise Program

Intermediate Phase (Weeks 4-8)

Goals

- Restore full elbow ROM
- Progress UE strength
- Continue with functional progression

Week 4

- Progress elbow ROM to 0-145 degrees
- Progress to Advanced Thrower's Ten Program
- Progress elbow & wrist strengthening exercises

Week 6

- Initiate 2 hand plyometrics
- Discontinue brace at week 6

Week 8

- Progress to 1 hand plyometrics
- Continue with advanced thrower's ten program
- Prone planks

Advanced Phase (Weeks 9-14)

Criteria to progress to advanced phase

- Full nonpainful ROM
- No pain or tenderness
- Isokinetic test that fulfills criteria to throw
- Satisfactory clinical exam
- Completion of rehab phases without difficulty

Goals

- Advanced strengthening exercises
- Initiate Interval Throwing Program
- Gradual return to throwing

Week 9

- Continue all strengthening exercises
- Advanced thrower's ten program
- Plyometrics program (1 & 2 hand program)
- Side planks

Week 10

- Seated machine bench press

Weeks 11-16

- Initiate Interval Throwing program week 11-12 (long toss program) Phase I
- Initiate Interval Hitting Program (week 10)
- Continue all exercises in week 9

Week 16-20

- Initiate Interval Throwing Program Phase II
- Off mound program
- Initiate mound throwing when athlete is ready & completed ITP Phase I

Return to Play Phase (Weeks 16+)

Goals

- Gradual return to competitive throwing
- Continue all exercises & stretches

Weeks 16+

- Initiate gradual return to competitive throwing
- Perform dynamic warm-ups & stretches
- Continue thrower's ten program
- Return to competition when athlete is ready (Physician Decision)

**** Each athlete may progress thru ITP at different rates/pace. Should complete 0-90 feet within 3 weeks of starting it & complete 150/180 feet within 8 weeks then begin mound program.****