**STEPHAN J. SWEET, M.D., M.P.H.** A Professional Corporation Sports Medicine, Arthroscopy, & General Orthopedic Surgery

## **PHYSICAL THERAPY PRESCRIPTION**

DIAGNOSIS ( LEFT / RIGHT ) ULNAR COLLATERAL LIGAMENT RECONSTRUCTI ON DATE OF SURGERY\_\_\_\_\_

## ULNAR COLLATERAL LIGAMENT RECONSTRUCTION PHYSICAL THERAPY PRESCRIPTION

#### **IMMEDIATE POST OPERATIVE PHASE (0-3 WEEKS)**

Goals:	Protect Healing Tissue
	Decrease Pain/Inflammation
	Retard Muscular Atrophy
	Establish Limited Range-of-Motion
• Post-Operativ	ve Week 1
Brace:	Posterior splint at 90" elbow flexion
Range-of-Motio	n: Wrist AROM extension/flexion
Exercises:	Gripping exercises
	Wrist ROM
	Shoulder Isometrics (no shoulder ER for first 14 days)
	Internal rotation
	Flexion/extension
	Abduction/adduction
	Biceps Isometrics
<u>Cryotherapy</u>	
• Post-Operativ	ve Week 2
Brace:	Application of functional brace set at 30° -100°.
Exercises:	Initiate shoulder ER Isometrics (day 14) Initiate wrist Isometrics
<u>Encretises.</u>	Initiate elbow extension Isometrics
	Continue all exercises listed above
Post-Operativ	ve Week 3
Brace:	Advance brace $15^{\circ}$ -110°.
	(gradually Increase ROM - 5° extension/10° flexion per week)
Evercises	Initiate light Isotonics (no weight use the weight of the arm)

Exercises: Initiate light Isotonics (no weight, use the weight of the arn Shoulder abduction Shoulder	ek)
Shoulder abduction Shoulder	I)
elevation	
Scapular strengthening	
Biceps/triceps	
Wrist flexion/extension	
Forearm pronation/supination	
Initiate tubing ER/IR at 0°abduction	
Continue ROM and gripping exercises	

#### **INTERMEDIATE PHASE (weeks 4-8)**

Goals:	Gradual increase in ROM
	Promote repair of healed tissue
	Regain and improve muscular strength

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• Week 4-6	
<u>Brace:</u> <u>Exercises</u> :	Functional brace set 15-120° Begin light weight resistance exercises for arm (1lb.) Wrist curls, extensions, pronation, supination Elbow flexion/extension Progress shoulder program, emphasize rotator cuff strengthening Emphasis on external rotation, side lying
• Week 6-8 <u>Brace:</u> <u>Exercises:</u>	Functional brace set 0-130°; AROM 0-145° without brace Discontinue brace at the end of week 6 Progress wrist and elbow strengthening exercises Progress shoulder program
• Week 8 Exercises:	Continue Stretching Program for Elbow and ROM Gradual progress of strengthening program
ADVANCED ST	RENGTHENING PHASE (weeks 9-13)

 Goals:
 Increase strength, power and endurance

 Maintain full elbow ROM
 Gradually initiate sporting activities

 Exercises:
 Initiate eccentric elbow flexion/extension

 Triceps strengthening
 Continue isotonic program; forearm and wrist

 Continue shoulder program

#### RETURN TO ACTIVITY PHASE (weeks 16+)

- <u>Goals</u>: Continue to increase strength, power and endurance of upper extremity musculature. Gradual return to sport activities
- Week 16: Initiate Interval Throwing Program (Phase 1)
- Week 28:

Progress to Interval Throwing Program (Phase 2) Upon painless completion of Phase 2, progress to competitive throwing program (approx 9 months).

Treatment:	times per week	Duration:	weeks

Physician's Signature:	Date:	

# PHYSICAL THERAPY PRESCRIPTION

\*\* Throwing is performed every other day. Pre-throwing and post-throwing exercises must be performed.

\*\* Each stage should be one week. If pain occurs during any stage, back up to previous stage.

### Phase I: Long Toss Program

#### 45-Ft Stage

	a.	warm up unrowing
	b.	45 ft. (25 throws)
	c.	Rest 15 min.
	d.	Warm-up throwing
	e.	45 ft. (25 throws)
60-Ft Stage		
	a.	Warm up throwing
	b.	60 ft. (25 throws)
	c.	Rest 15 min.
	d.	Warm-up throwing
00 51 01	e.	60 ft. (25 throws)
90-Ft Stage		W/
	a.	Warm up throwing
	b.	90 ft. (25 throws)
	с.	Rest 15 min.
	d.	Warm-up throwing
120-Ft Stage	e.	90 ft. (25 throws)
o : : otago	a.	Warm up throwing
	b.	120 ft. (25 throws)
	с.	Rest 15 min.
	d.	Warm-up throwing
	e.	120 ft. (25 throws)
150-Ft Stage		
	a.	Warm up throwing
	b.	150 ft. (25 throws)
	c.	Rest 15 min.
	d.	Warm-up throwing
	e.	150 ft. (25 throws)
180-Ft Stage		
	a.	Warm up throwing
	b.	180 ft. (25 throws)
	с.	Rest 15 min.
		***
	d.	Warm-up throwing
	d. e.	Warm-up throwing 180 ft. (25 throws)

Warm up throwing

a.

Then being throwing from mound or respective position.

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## **PHYSICAL THERAPY PRESCRIPTION**

#### **INTERVAL THROWING PROGRAM PHASE 2**

•• Throwing is performed every other day. Pre-throwing and post-throwing exercises must be performed.

## **Phase II: Starting Off the Mound**

#### Stage I: Fastball Only

Step 1:	a. Intervalthrowing
	b: 15 throws from mound 50%
Step 2:	a. Interval throwing
1	b: 30 throws from mound 50%
Step 3:	a Interval throwing
	b: 45 throws from mound 50%
Stage II: Fastball	Only
Step 4:	a. Interval throwing
	b. 60 throws from mound 50%
Step 5: a. Interv	val throwing
	b. 30 throws from mound 75%
Step 6: a. 30 three	ows from mound 75%
-	b. 45 throws from mound 50%
Stage Ill: Fastball	Only
Step 7:	a. 45 throws from mound 75%
	b. 15throws from mound 50%
Step 8:	a. 60 throws from mound 75%
Stage IV: Fastball	Only
Step 9:	a. 45 throws from mound 75%
	b. 15 throws in batting practice
Step 10:	a. 45 throws from mound 75%

b. 30 throws in batting practice Step 11: a. 45 throws from mound 75% b. 45 throws in batting practice **STEPHAN J. SWEET, M.D., M.P.H.** A Professional Corporation Sports Medicine, Arthroscopy, & General Orthopedic Surgery

# PHYSICAL THERAPY PRESCRIPTION

Stage V:	
Step 12:	a. 30 throws from mound 75% warm-up
	b. 15 throws from mound 50% breaking balls
	c. 45-60 throws in batting practice throws from mound 50% (fastball only)
Step 13:	a. 30 throws from mound 75%
	b: 30 breaking balls 75%
	c: 30 throws in batting practice
Step 14:	
1	a. 30 throws from mound 75%
	b. 60-90 throws in batting practice 25% breaking balls
Step 15:	
-	Simulated game progressing by 15 throws per work-out. Use
	interval throwing to 120-ft. phase as warm-up. All throwing from
	the mound should be done in the presence of the pitching coach to
	stress proper throwing mechanics. A speed gun should be used to
	aid in effort control.