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Post-Operative Rehabilitation Guidelines for Ulnar Collateral Ligament Repair

- 0-4 Weeks: Hinge elbow brace locked at 90 deg until 2-week post op appointment
Hinged elbow brace for weeks 0-4
PROM into AAROM and AROM at elbow and shoulder as tolerated
Progress elbow ROM to 10-125 by post op week 3
Initiate Thrower's Ten exercise program by week 3
Scapular and light isotonic strengthening
No lifting
Desensitization and scar massage as soon as sutures are removed
- 4-8 Weeks: Progress ROM to 0-145 degrees
Progress to Advanced Thrower's Ten program
Progress elbow and wrist strengthening exercises once motion achieved
- 8-10 Weeks: Progress to one-hand plyometrics and prone planks by week 8
Plyometrics program (1 and 2 hand) and side planks by week 9
Seated machine bench press and interval hitting program by week 10
Continue Advanced Thrower's Ten program
- 11-16 Weeks: Initiate Interval Throwing program week 11-12
Long Toss program – Phase I
Continue prior exercises
- 16-20 Weeks: Initiate Interval Throwing program – Phase 2
Initiate mound throwing when ready and completed ITP – Phase I