

ULNAR COLLATERAL LIGAMENT RECONSTRUCTION REHABILITATION PROTOCOL

	RANGE OF MOTION	IMMOBILIZER	EXERCISES
PHASE I 0-6 weeks	0-1 weeks: None 2 weeks: elbow 30-100° 3 weeks: elbow 15-110°	0-1 weeks: splint 2 weeks: brace 30-100° 3 weeks: brace 15-110°	0-1 weeks: wrist motion and hand motion, gripping exercises, shoulder ROM (<i>no external rotation of shoulder</i>), biceps isometrics 2 weeks: active ROM shoulder, scapular isometrics, elbow flexion/extension isometrics 3 weeks: Elbow AROM progress to 10-125° Begin wall squats, lateral slide, single leg squats, leg press (no use of operative arm) hip and core exercise (no use of operative arm).
Before Phase II: must have 10-120°, minimal pain, good testing of: wrist flexion; shoulder internal and external rotation, scapular abduction			
PHASE II 4-8 weeks	4 weeks: elbow 10-120° 6 weeks: elbow 0-140° Progress to full ROM	4 weeks: brace 10-120° 6 weeks: brace 0-130° Discontinue Brace at 6-8 weeks	4-6 weeks: <ul style="list-style-type: none"> • Begin light resistance exercises for arm (1 lb) wrist curls, extensions pronation/supination elbow extension and flexion • Progress shoulder program emphasize rotator cuff strengthening • Shoulder IR strengthening exercise permitted through full ROM • Shoulder ER strengthening permitted through limited arc of motion – <i>limit the amount of ER ROM until 6 weeks</i> • Initiate scapular neuromuscular control exercises • Progress shoulder ROM & stretching exercises to normalize motion <p>Starting Week 6:</p> <ul style="list-style-type: none"> • Initiate Throwers Ten program for shoulder • Avoid any valgus stress on elbow until minimum 2 months post operatively
Before Phase III: Must have full, nonpainful elbow AROM, no pain or tenderness, appropriate clinical examination, completion of Phase II exercises without difficulty or pain.			
PHASE III 9-13 weeks	<p>Week 9:</p> <ul style="list-style-type: none"> • Initiate eccentric elbow flexion/extension • Continue forearm and wrist isotonic program • Continue shoulder Throwers Ten Program • Manual resistance diagonal patterns • Emphasize scapular and core exercises <p>Week 11:</p> <ul style="list-style-type: none"> • May begin light activities such as golf and swimming 		

	<p>Week 12:</p> <ul style="list-style-type: none"> • Initiate plyometrics – 2 hand drills only • May initiate interval <i>hitting</i> program for baseball players
<p>To advance to Phase IV: must have full elbow, wrist, and shoulder ROM; no pain or tenderness; functional or isokinetic test that fulfills criteria for goal activity; appropriate clinical examination, completion of Phase III exercises without difficulty</p>	
<p>PHASE IV 14+ weeks</p>	<p>Weeks 14:</p> <ul style="list-style-type: none"> • Progress to 1-hand plyometrics: 90°/90° ball throw, 0° ball throw • Continue with Advanced Throwers Ten program • Initiate side plank with shoulder ER strengthening exercise • Continue Phase III exercises <p>Weeks 16 to 22: (if meets Criteria for Starting Interval Throwing):</p> <ul style="list-style-type: none"> • Continue ROM and stretching programs • Continue Advanced Throwers Ten program • Continue plyometrics • Begin interval throwing program progressing from 45ft to 90 ft. • Distance level may be increased ONLY when: <ul style="list-style-type: none"> • No pain or stiffness while throwing • No pain or stiffness after throwing • Strength is maintained and fatigue is minimal after completion of final set • Throwing motion is effortless with appropriate mechanics • Accuracy and throwing lines are consistent • Athletes may progress through ITP at different rates/paces • Expected to complete throws of 0 to 27 m (0-90 ft) within 3 weeks of starting ITP and throws of 0 to 37 m (120 ft) <p>Months 6-9</p> <ul style="list-style-type: none"> • Initiate ITP phase 2 (off the mound) when phase 1 is complete and athlete is ready • Pitchers may begin mound throwing after completing 120 ft distance. NO flat ground pitching. Start with catcher moved forward when throwing from the mound and progress to full distance. • Perform dynamic warm-ups and stretches • Continue Advanced Throwers Ten program • Initiate gradual return to competitive throwing (estimated 7-9 months post-operatively) • Return to competition decision based on physician and rehabilitation team assessment <p>Return to play may occur when all conditions are met: Trunk, scapula, shoulder motions are normal Normal trunk, scapular, shoulder, and arm muscle strength are normal No pain while throwing Throwing balance, rhythm and coordination are normal</p>

ROM: range of motion. Note: Some players may require additional time for return to play. These times serve as the recommended minimums for healing and progression.

Above protocol adapted from:

Cain EL Jr, Andrews JR, Dugas JR, Wilk KE, McMichael CS, Walter JC 2nd, Riley RS, Arthur ST. Outcome of ulnar collateral ligament reconstruction of the elbow in 1281 athletes: Results in 743 athletes with minimum 2-year follow-up. Am J Sports Med. 2010 Dec;38(12):2426-34. doi: 10.1177/0363546510378100. Epub 2010 Oct 7. PubMed PMID: 20929932.

Exercises in the Throwers Ten Exercise Program

- Diagonal-pattern D2 extension
- Diagonal-pattern D2 flexion
- Shoulder external rotation at 0° of abduction
- Shoulder internal rotation at 0° of abduction
- Shoulder abduction to 90°
- Shoulder scapular abduction, external rotation (“full cans”)
- Side-lying shoulder external rotation
- Prone shoulder horizontal abduction
- Prone shoulder horizontal abduction (full external rotation, 100° of abduction)
- Prone rowing
- Prone rowing into external rotation
- Press-ups
- Push-ups
- Elbow flexion
- Elbow extension
- Wrist extension
- Wrist flexion
- Wrist supination
- Wrist pronation

All exercises performed against resistance to improve strength.

Full description:

Wilk KE, Arrigo CA, Hooks TR, Andrews JR. Rehabilitation of the overhead throwing athlete: there is more to it than just external rotation/internal rotation strengthening. PM R. 2016; 8: S78– S90.

Exercises in the Advanced Throwers Ten Exercise Program

Elastic Tubing/Band Resistive Exercises

- Shoulder external rotation at 0° of abduction while seated on a stability ball*
- Shoulder internal rotation at 0° of abduction while seated on a stability ball*
- Shoulder extensions while seated on a stability ball[†]
- Lower trapezius isolation while seated on a stability ball[†]
- High row into shoulder external rotation while seated on a stability ball[†]
- Biceps curls/triceps extensions while seated on a stability ball[†]

Isotonic Dumbbell Resistive Exercises

- Full can while seated on a stability ball[†]
- Lateral raise to 90° while seated on a stability ball[†]
- Prone T's on stability ball[†]
- Prone Y's on stability ball[†]
- Prone row into external rotation on stability ball[†]
- Sidelying shoulder external rotation
- Wrist flexion/extension and supination/pronation

*Contralateral sustained hold performed during exercise

[†]Exercises are performed in 3 distinct continuous movements per exercise: bilateral active exercise, alternating reciprocal movement, and a sustained contralateral hold

10 - 15 repetitions performed for each movement successively, without rest, to complete 1 set.

Goal: perform 2 full cycles of the entire program without pain, using sound technique and no substitution.

Full description:

Wilk KE, Yenchak AJ, Arrigo CA, Andrews JR. The Advanced Throwers Ten Exercise Program: a new exercise series for enhanced dynamic shoulder control in the overhead throwing athlete. *Phys Sportsmed*. 2011; 39: 90– 97.

Criteria to Initiate Phase 1 Interval Throwing (Long Toss)

- Full, painless ROM
 - Shoulder total ER/IR ROM in 90° of shoulder abduction within 5° of nonthrowing shoulder
 - Shoulder horizontal adduction of 40° or greater on throwing shoulder
 - Glenohumeral IR deficit < 15°
 - Elbow and wrist passive ROM within normal limits
- Shoulder, elbow, and wrist strength based on manual muscle test, handheld dynamometer, or isokinetic testing
 - ER/IR ratio of 72% - 76%
 - ER/abduction ratio of 68% - 73%
 - Throwing-shoulder IR > 115% compared to nonthrowing shoulder
 - Throwing-shoulder ER > 95% compared to nonthrowing shoulder
 - Throwing-arm elbow flexion/extension 100% - 115% compared to nonthrowing arm
 - Throwing-arm wrist flexion/extension and forearm pronation/supination 100% - 115% compared to nonthrowing arm
- Satisfactory clinical examination
 - No pain, tenderness, or effusion
 - Negative laxity testing: prone valgus stress and milking maneuver
 - Negative special test for other elbow or shoulder pathology
 - Physician and rehabilitation team clearance
- Successful completion of all steps in the rehabilitation process
- Satisfactory functional test scores
 - Prone ball-drop test (throwing side 110% or greater compared to the nonthrowing side)
 - One-arm ball throws against the wall using a 0.9 kg (2 lb) plyoball for 30 seconds without pain and exhibiting the ability to maintain 90°/90° arm position without compensation (throwing side greater than 90% of nonthrowing side)
 - Throwing into plyoback rebounder with 0.45-kg (1-lb) plyoball for 30 seconds with no pain, normal mechanics (without substitution) with good control
 - Single-leg step-down for 30 seconds, controlling pelvis and lower extremity alignment for both sides (limb symmetry: 95%+)
 - Prone plank test for time
- Minimum Kerlan-Jobe Orthopaedic Clinic throwers' assessment score of 85

ER: external rotation; IR: internal rotation; ROM: range of motion.

Adapted from:

Wilk KE, Arrigo CA, Bagwell MS, Rothermich MA, Dugas JR. Repair of the Ulnar Collateral Ligament of the Elbow: Rehabilitation Following Internal Brace Surgery. J Orthop Sports Phys Ther. 2019 Apr;49(4):253-261. doi: 10.2519/jospt.2019.8215. Epub 2019 Mar 12. PubMed PMID: 30862273.