



## SHAYNE KELLY, DO

ORTHOPEDIC SPORTS MEDICINE · TRI-CITY ORTHOPEDICS

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### POST-OPERATIVE REHABILITATION PROTOCOL

## Ulnar Collateral Ligament (UCL) Reconstruction

### 0–4 Weeks PROTECT THE GRAFT

- Posterior mold splint and sling until first post-op visit; splint removed and use hinged elbow brace for weeks 2–4
- Brace at 15° extension to full flexion; may begin grip strength in brace
- PT begins after splint is removed; PROM full flexion to 15 deg extension

**GOALS** Brace per protocol

### Week 4 MOTION & STRENGTH

- Discontinue brace; PROM into AAROM and AROM at elbow and shoulder as tolerated
- Begin strengthening exercises for wrist forearm, elbow and shoulder
- No aggressive weightlifting until 12 weeks post operatively; no chest flies or lifts stressing ligament
- Avoid valgus stress on elbow until 2 months post operatively; total body conditioning / aerobic training may begin
- Begin Throwers 10 week 8; 5 Months;; may begin interval-throwing program progressing from 45ft. up to 180ft.
- Pitchers are not asked to throw past 120ft., infielders not past 150ft.
- May progress from one distance level to next when following are met;; no pain or stiffness while throwing
- No pain or stiffness after throwing; strength is sufficient throughout the final set with min. fatigue
- Throwing motion is effortless and fundamentally sound; accuracy is consistent and throws are on line
- For pitchers, mound program begins at completion of 120ft. level
- Catcher is initially moved forward, but throwing with pitching motion is reserved for the mound
- No flat ground pitching is allowed

**GOALS** Thrower's Ten

### 9–12 Months RETURN TO THROWING

- Return to competition is permitted when following conditions are met:
- Trunk, scapula, shoulder and arm muscle strength/balance have returned to normal; no pain while throwing
- Throwing balance, rhythm and coordination have been reestablished

**GOALS** Interval throwing program

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### Return to Sport & Discharge Criteria

- Full elbow ROM, strength, and stability
- Interval Throwing Program completed without symptoms before mound work
- Competitive throwing per Dr. Kelly (commonly 9–12 months)

*Time frames are guidelines — progress when phase goals are met, per Dr. Kelly and the treating therapist.*

