

Patrick C. McCulloch, M.D.
Houston Methodist Orthopedics & Sports Medicine
O: 713.441.3667
F: 713.790.2058

Medial Elbow Ligament (UCL) “Tommy John” Reconstruction

	RANGE OF MOTION	BRACE	THERAPEUTIC EXERCISE
PHASE I 1 - 4 weeks	Gentle Passive ROM Starting with 30-90° Advance as tolerated. Avoid valgus stress.	Splint removed at 1 week visit. Hinged brace set at 30-90°. Unlock to advance 15° on each end per week. Worn at all times except for hygiene and therapeutic exercise.	Wrist and hand ROM. Shoulder isometrics (no ER). Week3 : Start AROM of shoulder, full can, lateral raises, scapular positioning. No resistance. Balance, hip, core, LE strengthening (delay until Phase II if gracilis graft). Modalities: heat before, ice after. Stationary bicycle for fitness.
PHASE II 4 - 6 weeks	Begin Active and AAROM. Advance to full flexion. No forced full flexion. Avoid valgus stress.	Hinged brace on and unlocked for full flexion and extension.	Begin wrist flexion and extension exercises (1lb). Avoid active pronation. Progress rotator cuff and scapular strengthening to include light weights and tubing.
PHASE III 6 - 12 weeks	Progress to full motion. Correct deficits. Avoid valgus stress.	Discontinue brace.	Begin elbow flexion and then extension resistance training with elbow at side. Continue LE and core strength. Start running.
PHASE IV 12 – 20 weeks	Full painless motion.	None.	Begin isometric strengthening in the 90/90 position. Add rotational strengthening. Start 2 hand plyometrics. 14 weeks: Advance to 1 hand plyometrics. 16 weeks: Allow gentle throw back exercises. Start hitting progression.
PHASE V 5 – 12 months	Full.	None.	Start progressive return to throwing program. (see additional Protocol) May start to pitch off flat ground at 6-7 months, off mound at 8-9 months.

Patrick C. McCulloch, M.D.
Houston Methodist Orthopedics & Sports Medicine
O: 713.441.3667
F: 713.790.2058

			Anticipate return to competitive throwing after 10-12 months.
--	--	--	---