

Rehabilitation Protocol: UCL Repair with Internal Bracing

	RANGE OF MOTION	BRACE	THERAPEUTIC EXERCISE
PHASE I Weeks 1-6	Begin P/A/AAROM within Ranges of 30-110 Degrees	Lock at 30-90 Degrees Advance 10-15 Degrees in Flexion and Extension per Week	AROM Shoulder/ Elbow; No Valgus Motion; Initiate Rotator Cuff/ Scapular Stabilizer Strengthening
PHASE II Weeks 6-12	PROM & AAROM 0-145 Degrees	Discontinue Brace at 6 Weeks	Progress Previous Rotator Cuff, Scapular, Wrist and Elbow Strengthening; Manual Resisted Exercises at Wrist, Elbow, Shoulder Starting Week 5; 2 Hand Plyometrics Week 6; 1 Hand Plyometrics Week 8; Closed Chain Strengthening Week 8; Core and Lower Extremity Strengthening; Can Start Interval Hitting Program at 10 Weeks
PHASE III Weeks 12-16	Full Range of Motion	None	Advanced Rotator Cuff/ Scapular Stabilizer Strengthening; Continue Plyometric Program; Posterior cuff Eccentrics; Biceps, Triceps Strengthening Start Interval Throwing Program
PHASE IV Weeks 16-24	Full	None	Return to Pitching Program Return to Live Pitching at Week 24