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Rehabilitation Protocol Ulnar Collateral Ligament Reconstruction Throwing Progression

4 Months:

- Advance rotator cuff strengthening
- Avoid isokinetic internal rotation strengthening until 6 months
- Soft toss 30-40 feet with no windup, 10 to 25 minutes per session, 3 days per week
- Ice post throwing

5 Months:

- Increase tossing distance to 60 feet with no windup, 15 minutes per session, 3 days per week
- Ice post throwing

6 Months:

- Isokinetic rotator cuff strengthening as tolerated
- Easy windup added to throwing, limit distance to 60 feet, 50% effort, 15 minutes per session
- Ice post throwing

7 Months:

- Throw with 50% effort, 60 to 90 feet, 20-30 minutes, 3 days per week

8 Months:

- If cleared by physician, advance to 70% effort throwing for 30 minutes, 3 days per week

9-12 Months:

- Advance throwing effort to 80% at 9 months from the mound, 30 minutes max
- Increase to 90-100% at 10 months
- Focus on pitching mechanics
- No competitive pitching until full progression tolerated well and minimum 11 months post surgery

