



UCL Repair with Internal Brace Rehabilitation Protocol

I. Initial Phase (Week 1)

- Goals:** Full wrist and elbow ROM
Decrease swelling
Decrease pain
Prevent muscle atrophy

Day of Surgery

- Posterior Splint or locked brace to Elbow Joint for 5 days
PROM wrist & hand

Post-op Day 1 and 2

1. Posterior Splint or locked brace to elbow for 5 days
2. Immediate post-op hand, wrist, and hand exercises
 - a. Putty/grip strengthening
 - b. Wrist flexor stretching
 - c. Wrist extensor stretching
 - d. Shoulder PROM
 - h. Pendulum exercises

Post-op Day 3 through 7

1. PROM shoulder & wrist/hand
2. Continue UE exercises
 - a. Shoulder isometrics
 - b. Scapular strengthening
 - c. Hand gripping exercises

II. Acute Phase (Week 2-4)

- Goals:** Gradually restore Elbow Joint ROM
Improve muscular strength and endurance
Normalize joint arthrokinematics

Week 2: Discontinue posterior splint

- Progress to Elbow ROM brace (set to 30-110)
Elbow AAROM/PROM exercises
 1. Initiate AROM elbow
 2. Initiate AROM shoulder joint
 3. Scapular strengthening exercises
 4. Progress to light isotonic strengthening at day 10

Week 3: Progress Elbow ROM to 10-125

1. Initiate Thrower's Ten Exercise Program

III. Intermediate Phase (Week 4-8)

- Goals:** Restore full Elbow ROM
Progress UE strength
Continue with functional progression

Week 4: Progress Elbow ROM to 0-145

1. Progress to Advanced Thrower's Ten Program
2. Progress elbow & wrist strengthening exercises

Week 6: Initiate 2 hand Plyometrics





Week 8 Progress to 1 hand Plyometrics
Continue with advanced thrower's ten program

IV. Advanced Phase (Weeks 10-14)

*Criteria to progress to Advanced Phase:

1. Full nonpainful ROM
2. No pain or tenderness
3. Isokinetic test that fulfills criteria to throw
4. Satisfactory clinical exam
5. Completion of rehab phases without difficulty

Goals: Advanced strengthening exercises
Initiate Interval Throwing Program
Gradual return to throwing

Week 9: Continue all strengthening exercises
Advanced thrower's ten program
Plyometrics program (1 & 2 hand program)

Week 11-16: Initiate Interval Throwing program
(long toss program) Phase I
Initiate Interval Hitting Program
Continue all exercises in week 9

Week 16-20: Initiate Interval Throwing Program Phase II
(off mound program)
Initiate mound throwing when athlete is ready &
completed ITP Phase I

V. Return to Play Phase (weeks 16 >):
Goal: Gradual return to competitive throwing
Continue all exercises & stretches

Week 16>: Initiate gradual return to competitive throwing
Perform dynamic warm-ups & stretches
Continue thrower's ten program
Return to competition when athlete is ready
(*Physician Decision*)

Note: ** Each athlete may progress thru ITP at different rates/pace.
Should complete 0-90 ft within 3 weeks of starting interval throwing & complete
150/180 ft within 8 weeks then begin mound program.

*Protocol taken and adapted from Andrews Sports Medicine and the American Sports Medicine Institute



Physical therapy protocols, post-operative instructions, and other information can all
be accessed at any time at www.sportsmedindiana.com