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**REHAB PROTOCOL: UCL Reconstruction (Tommy John Procedure)**

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Diagnosis:** \_\_\_\_\_

**Date of Surgery:** \_\_\_\_\_

**Phase I (Protection phase)**

**Precautions**

- **NO VALGUS STRESS ON THE ELBOW** (No external rotation of shoulder, No combined abduction and external rotation of shoulder, No reaching out )
- Avoid grip or wrist strengthening against resistance (Pulleys with grip, hand weights)
- Elbow ROM in the plane of body

**Week 1:**

- Elbow is immobilized in a posterior plaster splint (elbow in flexion and wrist in neutral/supination and included in splint)
- Dressing change: 7-10 days after surgery

**Week 2-6:**

- Transition to Bledsoe elbow brace (locked in 60-100 in first 3 weeks and 15-110 in 4-6 weeks)
- Therapist supervised passive, elbow/wrist flexion exercises followed by active assisted and active starting at 4 weeks
- No grip strengthening or resistance exercises of wrist
- No pulley exercises or exercises involving hand gripping as they put stress on repair
- Scapular and shoulder isometric strengthening exercises with arm at side

**Phase II (Active range of motion): weeks 6-12**

- Wean the use of the Bledsoe Brace (between 4-6 weeks)

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- Elbow, forearm and wrist active assisted and active ROM; wrist ROM initially with elbow in flexion and subsequently can be done with elbow in extension
  - Begin isometric strengthening exercises for wrist, forearm, and elbow starting at 10 weeks
  - End range stretching to start at 10 weeks
- Thrower's ten program: 8-10 weeks

**Phase III: (Advanced strengthening) 3 months and beyond**

- Advanced thrower's ten program: 10-12 weeks
- Weight lifting 3 months
- Return to throwing (Interval throwing program): 4.5 months
- Return to competition: 9-12 months

**Modalities**

- ◇ Heat and Ice
- ◇ Ultrasound
- ◇ Iontophoresis
- ◇ Phonophoresis
- ◇ Therapists' discretion
- ◇ TENS

**Evaluation and others**

- ◇ Teach home exercise program

**Comments:**

Frequency: 2 times per week

Duration: 12 weeks

Signature: \_\_\_\_\_

Date: \_\_\_\_\_