

Ulnar Collateral Ligament Reconstruction – Rehabilitation Guidelines

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First week Post-Op

- Splint for 7-10 days.

1 to 6 Weeks Post-op

- No brace required.
- Sling for comfort.
- Wrist flexion and extension
 - Avoid pronation (palm down) exercises.
 - May gently squeeze ball/sponge.
- Elbow range of motion:
 - Start with range from 45° to 90°.
 - Progress by 10° of flexion and 10° extension each week to have near full motion at 6 weeks.

After 6 Weeks Post-op

- Shoulder, elbow and wrist strengthening program (physio).
- Avoid 'valgus stress' to elbow for 4 months (a sideways stress that would strain the inside of the elbow).

After 3 Months Post-op

- May start more vigorous strengthening.
- Activities such as bench pressing light to moderate weights are now allowed.
- Do not cause pain with strengthening. The 'no pain no gain' philosophy is inappropriate and dangerous to rehabilitation.

After 4 Months Post-op

- May toss a ball up to 30 to 40 feet, two to three times a week for about 15 min.
- Start slow and gradual. If any pain, then back off.

After 5 Months Post-op

- May increase the tossing distance to 60 feet.

After 6 Months Post-op

- May perform throwing lightly from the wind-up.
- Pitching from flat ground.

After 7 Months Post-op

- Throwers and pitchers are limited to throwing one-half speed, while gradually increasing the duration of their session up to 30 min.
- May start on the mound.

After 8 Months Post-op

- Pitchers are permitted to throw from the pitching mound and progress to 70% of maximum velocity.

After 9 Months Post-op

- The earliest time to consider pitching in competitive situations.
- Throwing in competition should usually wait until 1 year.
- Throwing in competition is permitted if the shoulder, elbow, and forearm are pain free while throwing and have returned to normal strength and range of motion.
- Note: For professional pitcher, it may require more than 18 months to regain preoperative ability and competitive level, with relatively shorter periods required for other player positions or overhead sports.