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Ulnar Collateral Ligament Reconstruction/Repair Rehab Protocol

	Range of Motion	Immobilizer	Exercises
Phase I 0-7 days	No valgus stress No elbow extension/ flexion Full AROM of wrist and shoulder	Splint for 1 week	May work on grip strength with stress ball Gentle stretching on wrist and fingers
Phase II 1-4 weeks	Gradually increase elbow ROM	Discontinue splint May use sling for 1 week if needed	Continue phase I At 2 weeks when incision healed start total body condition program
Phase III 1-2 months	Full ROM of elbow, wrist and shoulder	None	May add light weights for resistive elbow and forearm exercises
Phase IV 2-3 months	Full ROM of elbow, wrist and shoulder	None	Continue active, resistive exercises for entire upper extremity including rotator cuff

Start throwing program at 3 months IF there is no swelling and full pain free motion is achieved

THROWING PROGRAM		
<p>*If there is no swelling and full pain free motion is achieved start throwing program*</p> <p>**Throwing program should be performed 3-4 times per week**</p> <p>***Apply ice after each throwing session to help decrease the inflammatory response***</p>		
	NUMBER OF THROWS	DISTANCE (ft)
3-4 months	Easy tossing (no wind up)	Gradually increase distance
	20	20 (warm up)
	25-40	30-40
	10	20 (cool down)
4-5 months	Start easy wind up on alternate days	Gradually increase distance
	10	20 (warm up)
	10	30-40
	30-40	50
5-6 months	Continue tossing ball occasional throw no more than half speed	Maximum distance 60 feet
	10	30 (warm up)
	10	40-45
	30-40	60-70
6-7 months	10	30 (cool down)
	Phase I	Gradually increase to 150 feet maximum
	10	40 (warm up)
	10	50-60
	15-20	70-80
	10	50-60
	10	40 (cool down)
	Phase II	
	10	40 (warm up)
	10	50-60
	15-20	80-90
	10	50-60
	10	40 (cool down)
	Phase III	
	10	40 (warm up)
	10	50-60
	15-20	80-90
	20	50-60
	10	40 (cool down)
	Phase IV	
	10	40 (warm up)
	10	60
	15-20	120-150
	20	60
	10	40 (cool down)

7-8 months *Progress to throwing off the mound at ½ to ¾ speed Make sure to: -Stay on top of ball -Keep elbow up -Throw over top -Follow through with arm and trunk	Phase I 10 10 30 10 10	60 (warm up) 120-150 (lobbing) 45 (off the mound) 60 (off the mound) 40 (cool down)
	Phase II 10 10 20 20 10	50 (warm up) 120-150 (lobbing) 45 (off the mound) 60 (off the mound) 40 (cool down)
	Phase III 10 10 10 10 30 10	50 (warm up) 60 120-150 (lobbing) 45 (off the mound) 60 (off the mound) 40 (cool down)
	Phase IV 10 10 10 40-50 10	50 (warm up) 120-150 (lobbing) 45 (off the mound) 60 (off the mound) 40 (cool down)
9-10 months *Pitcher must successfully complete above phase without pain throwing approx.. ¾ speed *May proceed to up/down bullpens (1/2 - 3/4 speed)	Day 1 10 warm up 10 warm up 40 pitches REST 10 MINS 10 warm up 20 pitches REST 10 MINS 10 warm up 20 pitches	120-150 (lobbing) 60 (off the mound) 60 (off the mound) REST 10 MINS 60 (off the mound) 60 (off the mound) REST 10 MINS 60 (off the mound) 60 (off the mound)
	Day 2 OFF	
	Day 3 10 warm up 10 warm up 30 pitches REST 10 MINS 10 warm up 20 pitches REST 10 MINS 10 warm up 20 pitches	120-150 (lobbing) 60 (off the mound) 60 (off the mound) REST 10 MINS 60 (off the mound) 60 (off the mound) REST 10 MINS 60 (off the mound) 60 (off the mound)

9-10 months *Pitcher must successfully complete above phase without pain throwing approx.. ¾ speed *May proceed to up/down bullpens (1/2 - 3/4 speed)	Day 4 OFF	
	Day 5 10 warm up 10 warm up 30 pitches REST 8 MINS 20 pitches REST 8 MINS 20 pitches REST 8 MINS 20 pitches	120-150 (lobbing) 60 (off the mound) 60 (off the mound) REST 8 MINS 60 (lobbing) REST 8 MINS 60 (lobbing) REST 8 MINS 60 (lobbing)
10-12 months	Pitcher is ready to begin normal routine, from throwing, batting practice to pitching bullpen	