



Post-Operative Rehabilitation Guidelines for UCL/MCL Reconstruction /Tommy John Surgery

Weeks 0-4:

- 0-4 Weeks:
- Posterior mold splint and sling until first post-op visit
- Splint removed and use hinged elbow brace for weeks 2-4
- PROM into AAROM and AROM at elbow and shoulder as tolerated
- Progress elbow ROM to 10-125 by post op week 3
- Initiate Thrower's Ten exercise program by week 3
- Scapular and light isotonic strengthening
- No lifting
- Desensitization and scar massage as soon as sutures are removed

Weeks 4-8:

- Progress ROM to 0-145 degrees
- Progress to Advanced Thrower's Ten program
- Progress elbow and wrist strengthening exercises once motion achieved

Weeks 8-10:

- Progress to one-hand plyometrics and prone planks by week 8
- Plyometrics program (1 and 2 hand) and side planks by week 9
- Seated machine bench press and interval hitting program by week 10
- Continue Advanced Thrower's Ten program 1

Weeks 11-16:

- Initiate Interval Throwing program week 11-12
- Long Toss program – Phase I
- Continue prior exercises

Weeks 16-20:

- Initiate Interval Throwing program – Phase 2
- Initiate mound throwing when ready and completed ITP – Phase I