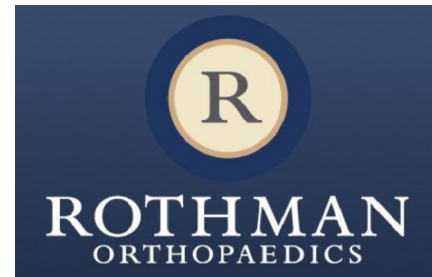


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UCL Reconstruction Physical Therapy Protocol

Name _____ Date _____

Diagnosis s/p RIGHT/LEFT UCLR with Palmaris/Hamstring Autograft Allograft

Date of Surgery _____

Frequency: _____ times/week Duration: _____ Weeks

_____ Week 1:

Elbow is immobilized in the Bledsoe Brace at 75 degrees flexion (7-10 days) with wrist free but in sling.

Dressing changed at 7-10 days after surgery

_____ Week 2

Begin active range of motion in the brace.

Brace adjusted to 15 degrees (locked) extension to full flexion

May begin grip strength in brace

_____ Week 4:

Discontinue the use of the Brace

Shoulder and elbow ROM, PROM-AAROM-AROM, advance as tolerated

Begin muscle strengthening exercises for wrist, forearm, elbow and shoulder

Advance strengthening as tolerated (avoid aggressive weight-lifting until 12 weeks after surgery, especially chest flies or other lifts that directly stress the ligament

Valgus stress on the elbow is avoided until at least 2 months after surgery

Total body conditioning / aerobic training may begin

_____ Month 4:

May begin an interval-throwing program progressing from 45 ft up to 180 ft.

Pitchers are not asked to throw past 120 ft, infielders are not asked to throw past 150ft.

The player may progress from one distance level to the next when the following criteria are met:

There is no pain or stiffness while throwing

There is no significant pain or stiffness after throwing

Strength is good throughout the final set with little fatigue

The throwing motion is effortless and fundamentally sound

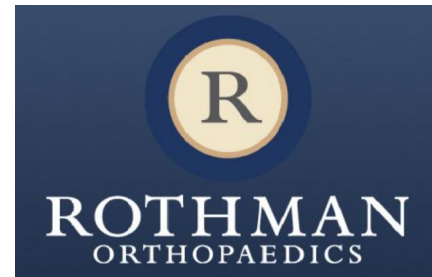
Accuracy is consistent and throws are online

For Pitchers, the mound program begins at the completion of the 120 ft level.

Catcher is initially moved forward, but throwing with pitching motion is reserved for the mound

No flat ground pitching is allowed

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___ Months 9-12:

Return to competition is permitted when the following conditions are met:

Trunk, scapula, shoulder and arm muscle strength and balance have returned to normal

There is no pain while throwing

Throwing balance, rhythm, and coordination have been reestablished

Comments:

___ Functional Capacity Evaluation ___ Work Hardening/Work Conditioning ___ Teach HEP

Modalities

___ Electric Stimulation ___ Ultrasound ___ Iontophoresis ___ Phonophoresis

___ TENS ___ Heat before ___ Ice after ___ Trigger points massage ___ Therapist's discretion

Signature _____ Date _____