

Twincitiesshoulderandelbow.com
Dr. Chad Myeroff's Rehabilitation Protocol

Ulnar Collateral Ligament (UCL) - Tommy John Reconstruction

Three times per day home exercise program:

Goals:

- 1) **Obtain ROM while protecting repair**
- 2) **Wrist and forearm strengthening**
- 3) **Return to competitive sport**

Phase 1: Week 0-6

- Splint for 0-2 weeks
- Sling x 6 weeks as needed except for hygiene and TID elbow wrist and finger ROM
- Edema control:
 - OT or clinic provided compressive stocking
 - Elevate above heart on pillows while supine
- TID finger, wrist, forearm elbow A/AAROM
- Rhomboid and periscapular isometrics, posture exercises, pendulum hangs
- Biceps and Triceps isometrics with the elbow at 90° flexion
- Precautions
 - Avoid functional valgus (no pushing or throwing)
 - No lifting > coffee cup

Phase 2: Week 6-12 weeks

- Add 4 quadrant shoulder A/AA/PROM as needed
- Add elbow and forearm PROM
- Add wrist, forearm and elbow gentle strengthening
 - Include flexor pronators
- Precautions
 - Avoid functional valgus (no pushing or throwing)
 - No lifting > 5#

Phase 3: Week 12-16 weeks

- Progressive unrestricted strengthening
- Core conditioning
- Initiate return to sport / throwing program at 4 mo post-op
 - Goal return to competition at 10 months

[More info: twincitiesshoulderandelbow.com/tommy-john-surgery-shoulder-elbow-specialist-minneapolis-saint-paul.html](http://twincitiesshoulderandelbow.com/tommy-john-surgery-shoulder-elbow-specialist-minneapolis-saint-paul.html)