



Physical/Occupational Therapy Prescription

Name:

Date of Birth:

Diagnosis: Ulnar Collateral Ligament Insufficiency **Code:** S53.39

Procedure: UCL reconstruction with Palmaris Longus Autograft (Tommy John Surgery)

Surgery Date:

Instructions:

Weeks 2-9

Splint immobilization until two weeks post-operatively.
Work to regain full range of motion by 6 weeks post-operatively.
Begin isotonic strengthening at the elbow at week three.
Avoid elbow valgus torque activities.
Emphasize maintenance of flexibility and strength of wrist, shoulder, scapula, core, and legs.
Limit shoulder external rotation until 6 weeks as this can place a valgus stress on the elbow.

Weeks 9-12:

Stretching and strengthening of the periscapular stabilizers, rotator cuff, deltoid, legs, and core.
Initiate the Thrower's Ten Exercise program.
Focus on dynamic stabilization.

Weeks 12-16:

Continue to progress stretching and flexibility.
Progress to Advanced Thrower's Ten, advance weights/bands.
Begin isotonic program with bench press, seated row, lat pull-downs, triceps push downs, biceps.
Begin plyometrics (such as bouncing a medicine ball into a trampoline), progressing from 2-handed (2 weeks) to 1-handed (2 weeks).

>16 weeks:

Initiate progressive interval throwing program.
Continue strengthening and stretching and Advanced Thrower's Ten program.
Return to throwing 6-9 months; return to competition 12-15 months.

Criteria for return to competitive throwing: completion of interval throwing program, greater strength in the shoulder on the operative arm than the non-operative arm.
Please emphasize a home exercise program.

Modalities: Heat before and ice after therapy. Massage prn

Frequency: 2-3 times/week

Duration: 6 weeks

Signature:

Date:

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