



Physical/Occupational Therapy Prescription

Name:

Date of Birth:

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

Procedure: UCL Repair with Internal Brace (Tommy John Surgery)

Surgery Date:

Instructions:

Weeks 2-4

Splint immobilization until two weeks post-operatively.
Work to regain full range of motion by 4 weeks post-operatively.
Protect the still healing ulnar ligament by avoiding elbow valgus torque activities.
Emphasize maintenance of flexibility and strength of fingers, shoulder, scapula, core, and legs.

Weeks 4-6 - Being isotonic strengthening at the elbow.

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

Weeks 6-12:

Continue to progress stretching and flexibility.
Progress to Advanced Thrower's Ten, advance weights/bands.
Begin isotonic lifting program including bench press, seated row, lat pull-downs, triceps push downs, and biceps curls. - Begin plyometrics (specifically bouncing a medicine ball into a trampoline), progressing from 2-handed (6-8 weeks) to 1-handed (8-10 weeks).

>12 weeks:

Initiate progressive interval throwing program.
Initiate progressive interval hitting program.
Continue strengthening and stretching and Advanced Thrower's Ten program.

Please emphasize a home exercise program.

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.

Modalities: Heat before and ice after therapy. Massage prn

Frequency: 2-3 times/week

Duration: 6 weeks

Signature:

Date: