



### **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:**

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