

**Dr. Larry “Chip” Bankston**

**Ulnar Collateral Ligament Reconstruction**

**Goals: Protect healing tissue**

**Decrease pain/inflammation**

**Retard muscular atrophy during first six weeks**

**Add lower body and aerobic conditioning as comfort allows**

**Progress extension approximately five degrees per week with goal of full**

**Elbow extension by six weeks**

**Throwing Program begins at six months**

**Days 1-7**

Immobilization in splint and sling with wrist free

Wrist and finger flex and ext exercises, also squeeze stress ball as tolerated

**Week 2 (PT two or three times a week)**

Discontinue splint and sling, wear splint or sling only at school and public places

Start passive and active ROM in extension

Start active ROM for flexion only- no need to passively stretch flexion unless patient is not progressing

Active shoulder ROM

Avoid all valgus stress on the elbow

**Weeks 3-6 (PT two or three times a week)**

Start RTC and scapulothoracic strengthening avoiding any valgus stress on elbow

Begin stretching for wrist finger flexors and extensors

**Weeks 4-6 (PT two or three times per week)**

Discontinue splint wear in public places- if elbow extension is not progressing

Add soft tissue mobilization with low-load long duration stretches

**Weeks 6-16 (PT one or two times a weeks depending on elbow ROM)**

**Goal: Full passive elbow extension upon entering clinic (by six weeks)**

Begin resistance training with RTC and scapulothoracic exercises

Begin resistance training for Elbow extension/flexion, Wrist extension/flexion

Start single leg balance activities, rewind throwing drills

Begin closed kinetic chain exercises

Incorporate overall body conditioning if not already begun running, elliptical, bike (stationary)

**Month 4 (PT one time every 3-4 weeks)**

Start throwing at 45 ft for 10 minutes (3-4 times week with rest day between)  
Throwing just hard enough to reach the target and remind player there should be slight arc on the ball.

Warm-up is included in allotted time. The number one reason for soreness is throwing too hard.

Work to ensure proper follow-through at ball release and focus on hitting specific targets when throwing. This will aid accuracy recovery when mound program begins.

May start hitting off tee for 10-15 minutes gradually progressing in intensity.

**Month 5 (PT one time every 3-4 weeks)**

Increase throwing to 60 ft for 10-15 minutes (3 times per week)

Start hitting soft toss for 10-15 minutes (3 times per week)

**Month 6 (PT one time every 3-4 weeks)**

Start Hitting live pitches

**Videotape throwing mechanics after athlete has thrown 90 ft for 15 minutes**

Week 1- throwing at 60 ft for 15 minutes

Week 2 and 3- throwing at 90 ft for 15 minutes

Week 4- throwing at 120 ft for 15 minutes

**Pitchers**

**Month 7 (PT one time every 3-4 weeks)**

Week 1- Throwing at 120 ft for 15 minutes

Week 2- Begin Bullpen throwing (**flat ground only**)

Day 1- Interval throwing to 120 ft as standard warmup  
50% FB only- 25 throws

Day 2- Rest

Day 3- Standard warm up, 50% FB only- 35 throws

Day 4- Rest

Day 5- Standard warm up, 75% FB only- 35 throws

Day 6- Rest

Day 7- Standard warm up, 75% FB only- 50 throws

Day 8- Rest

Day 9- Standard warm up, 75% FB- 40 throws, 50% BB- 20 throws

Day 10- Rest

Day 11 Standard warm up, 75% FB- 40 throws, 50% BB- 20 throws

Day 12- Rest

Day 13- Standard warm up, 90% FB- 30 throws, 75% BB- 20 throws

Days 14- Rest

Day 15- Standard warm up, 90% FB- 30 throws, 75% BB- 20 throws

Day 16- Rest

Day 17- Standard warmup, 95% FB- 30 throws, 95% BB- 20 throws  
Day 18- Rest  
Day 19- Standard warm up, 95% FB- 30 throws, 95% BB- 20 throws  
Day 20- Rest

**Month 8 (PT one time every 3-4 weeks)**

**Week 1- Begin pitching off mound**

Day 1- Interval throwing to 120 ft as standard warmup 50% FB only- 25 throws  
Day 2- Rest  
Day 3- Standard warm up, 50% FB only- 35 throws  
Day 4- Rest  
Day 5- Standard warm up, 75% only- 35 throws  
Day 6- Rest  
Day 7- Standard warm up, 75% FB only- 50 throws  
Day 8- Rest  
Day 9- Standard warm up, 75% FB- 40 throws, 50% BB- 20 throws  
Day 10- Rest  
Day 11- Standard warm up, 90% FB- 30 throws, 75% BB- 20 throws  
Day 12- Rest  
Day 13- Standard warm up, 95% FB- 30 throws, 95% BB – 20 throws  
Day 14- Rest  
Day 15- Simulated game 2-3 innings  
Day 16- 5-10 minutes interval throwing to 90 ft  
Day 17- Simulated game 2-3 innings  
Day 18- 5-10 minutes interval throwing to 90 ft  
Day 19- Rest  
Day 20- Live scrimmage  
Day 21- 5-10 minutes interval throwing to 90 ft  
Day 22- Rest  
Day 23- Released for competition

**Fielders**

**Month 7 (PT one time every 3-4 weeks)**

Interval throwing to 120 ft as Standard warm up  
Alternate throwing day with rest day (no back to back throwing days)  
Week 1- Standard warmup  
50% effort with 25 throws  
Week 2- Standard warm up  
50% effort with 35-40 throws  
Week 3- Standard warm up  
75% effort with 25 throws  
Weeks 4- Standard warm up  
75% effort with 35-40 throws

**Month 8 (PT one time every 3-4 weeks)**

Interval throwing to 120 ft as Standard warm up

Alternate throwing day with rest day (no back to back throwing days)

Week 1- Standard warmup

90% effort with 25 throws

Week 2- Standard warm up

90% effort with 35-40 throws

Week 3- Standard warm up

95% effort with 25 throws

Weeks 4- Standard warm up

95% effort with 35-40 throws

**Released for competition**