

UCL Reconstruction

(autogenous palmaris longus graft)

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Patient _____
 DOS _____

	POW 1	POW 2	POW 3	POW 4	POW 5	POW 6	POW 7
Brace	Locked at 90°	30°-100°	15°-110°	10°-120°	5°-130°	0°-145°	Wean per MD
Exercises	Wrist flex/ext	Continue previous exercises	Continue previous exercises	Isotonic wrist Flex, Ext, Pronation, Supination	Progress Previous exercises by #1	Initiate Throwers Ten Program	Progress Throwers Ten Program
*Protect tissue healing	Gripping	Elbow AROM in brace (30°-100°)	Elbow AROM in brace (15°-110°)	Prone Rows, Ext		Progress previous exercises	Progress previous exercises with increased weight
*Decrease pain/inflammation	Pronation/Supination	Isometric elbow extension	Wrist flexion stretching	Isotonic elbow Flex, Ext		Sidelying ER	Initiate D1 & D2 PNF
	Bicep Isometrics	Wrist Isometrics (Flex, Ext, RD, UD)	Prone to standing shoulder Flex, Scap, Abd	#1 for resistance exercises		Rhythmic Stabilization	
	Shoulder Isometrics (Flex, Ext, ER, Abd, Add)	Light scar mobilization	IR tubing			*Initiate ER strengthening	
	Compression to elbow & graft site					ER tubing	
	Scapular Retraction						
	Cryotherapy						

	POW 8-9	POW 10-11	POW 12-13	POW 14-15	POW 16-21	POW 22-30	POW 30+
Brace	Discharge brace						
Exercises	Eccentric elbow flex/ext	Progress plyometrics to TWO hand drills away from the body:	Continue previous exercises	Advance strengthening	Initiate interval throwing program phase I (long toss program)	Progress to phase II throwing	Gradually progress to competitive throwing & sports
	Progress resistance & Throwers Ten Program	-Side to side throws	Initiate isotonic machines:	Initiate ONE hand plyometric throwing	Continue Throwers Ten program		
	TWO hand chest pass close to body	-Soccer throws	-Bench press (seated)	Initiate ONE hand wall dribble			
	TWO hand side throw close to body	-Side throws	-Lat pull down	Initiate ONE hand baseball throws into wall			
			Initiate golf, swimming, interval hitting program				

Interval Throwing Program for Baseball Players: Phase I

45' Phase	60' Phase	90' Phase	120' Phase		
<p>Step 1: A) Warm-up Throwing B) 45' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 45' (25 Throws)</p> <p>Step 2: A) Warm-up Throwing B) 45' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 45' (25 Throws) F) Rest 5-10 min. G) Warm-up Throwing H) 45' (25 Throws)</p>	<p>Step 3: A) Warm-up Throwing B) 60' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 60' (25 Throws)</p> <p>Step 4: A) Warm-up Throwing B) 60' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 60' (25 Throws) F) Rest 5-10 min. G) Warm-up Throwing H) 60' (25 Throws)</p>	<p>Step 5: A) Warm-up Throwing B) 90' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 90' (25 Throws)</p> <p>Step 6: A) Warm-up Throwing B) 90' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 90' (25 Throws) F) Rest 5-10 min. G) Warm-up Throwing H) 90' (25 Throws)</p>	<p>Step 7: A) Warm-up Throwing B) 120' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 120' (25 Throws)</p> <p>Step 8: A) Warm-up Throwing B) 120' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 120' (25 Throws) F) Rest 5-10 min. G) Warm-up Throwing H) 120' (25 Throws)</p>		
<p style="text-align: center;">150' Phase</p> <p>Step 9: A) Warm-up Throwing B) 150' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 150' (25 Throws)</p> <p>Step 10: A) Warm-up Throwing B) 150' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 150' (25 Throws) F) Rest 5-10 min. G) Warm-up Throwing H) 150' (25 Throws)</p>	<p style="text-align: center;">180' Phase</p> <p>Step 11: A) Warm-up Throwing B) 180' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 180' (25 Throws)</p> <p>Step 12: A) Warm-up Throwing B) 180' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 180' (25 Throws) F) Rest 5-10 min. G) Warm-up Throwing H) 180' (25 Throws)</p>		<p>Step 13: A) Warm-up Throwing B) 180' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 180' (25 Throws) F) Rest 5-10 min. G) Warm-up Throwing H) 180' (20 Throws) I) Rest 5-10 min. J) Warm-up Throwing K) 15 Throws progress from 120→90</p> <p>Step 14: Return to respective Position or progress to Step 14 below</p>	<p>All throws should be on an arc With a crop-hop</p> <p>Warm-up throws consists of 10-20throws at approximately 30 feet</p> <p>Throwing Program should be performed every other day. 3 times per week unless otherwise specified by your physician or rehabilitation specialist</p> <p>Perform each step _____ times before progressing to next step.</p>	<p>Conversions:</p> <p>45 feet = 13.7 meters</p> <p>60 feet = 18.3 meters</p> <p>90 feet = 27.4 meters</p> <p>120 feet = 36.6 meters</p> <p>150 feet = 45.7 meters</p> <p>180 feet = 54.8 meters</p>
<p>Flat Ground Throwing for Baseball Pitchers</p>					
<p>Step 14: A) Warm-up Throwing B) Throw 60 ft. (10-15 throws) C) Throw 90 ft. (10 throws) D) Throw 120 ft. (10 throws) E) Throw 60 ft. (flat ground) using pitching mechanics (20-30 throws)</p> <p style="text-align: center;">Progress to Phase II-Throwing Off the Mound</p>	<p>Step 15: A) Warm-up Throwing B) Throw 60 ft. (10-15 throws) C) Throw 90 ft. (10 throws) D) Throw 120 ft. (10 throws) E) Throw 60 ft. (flat ground) using pitching mechanics (20-30 throws) F) Throw 60-90ft. (10-15 throws) G) Throw 60 ft. (flat ground) using pitching mechanics (20 throws)</p>				

Interval Throwing Program: Phase II-Throwing Off the Mound

STAGE ONE: FASTBALLS ONLY

- Step 1:** Interval Throwing
15 Throws off mound 50%*
- Step 2:** Interval Throwing
30 Throws off mound 50%
- Step 3:** Interval Throwing
45 Throws off mound 50%
- Step 4:** Interval Throwing
60 Throws off mound 50%
- Step 5:** Interval Throwing
70 Throws off mound 50%
- Step 6:** 45 Throws off mound 50%
30 Throws off mound 75%
- Step 7:** 30 Throws off mound 50%
45 Throws off mound 75%
- Step 8:** 10 Throws off mound 50%
65 Throws off mound 75%

Use Interval Throwing 120ft (36.6 m) Phase as warm-up

ALL THROWING OFF THE MOUND SHOULD BE
DONE IN THE PRESENCE OF YOUR PITCHING
COACH OR SPORT BIOMECHANIST TO STREE
PROPER THROWING MECHANICS

(USE SPEED GUN TO AID IN EFFORT CONTROL)

STAGE TWO: FASTBALLS ONLY

- Step 9:** 60 Throws off mound 75%
15 Throws in Batting Practice
- Step 10:** 50-60 Throws off mound 75%
30 Throws in Batting Practice
- Step 11:** 45-50 Throws off mound 75%
45 Throws in Batting Practice

STAGE THREE

- Step 12:** 30 Throws off mound 75% warm-up
15 Throws off mound 50% BEGIN BREAKING BALLS
45-60 Throws in Batting Practice (fastball only)
- Step 13:** 30 Throws off mound 75%
30 Breaking balls 75%
30 Throws in Batting Practice
- Step 14:** 30 Throws off mound 75%
60-90 Throws in batting Practice (Gradually increase breaking balls)
- Step 15:** SIMULATED GAME: PROGRESSING BY 15 THROWS PER WORKOUT (Pitch Count)

*Percentage effort