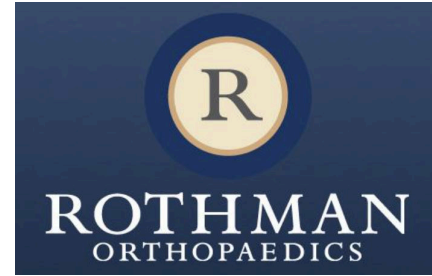


Brandon J. Erickson, MD  
Montanna Casey, ATC  
Mackenzie Lindeman, ATC  
Terry Lin, PA-C  
645 Madison Ave New York, NY  
200 White Plains Rd 4<sup>th</sup> Floor Tarrytown, NY  
450 Mamaroneck Ave Suite 200 Harrison, NY  
Phone: 914-580-9624  
Montanna.Casey@rothmanortho.com  
Mackenzie.Lindeman@rothmanortho.com  
Terry.Lin@rothmanortho.com  
www.brandonericksonmd.com



UCL Reconstruction Physical Therapy Protocol/Prescription

Name \_\_\_\_\_

Diagnosis s/p RIGHT/LEFT UCLR with Palmaris/Hamstring Autograft Allograft

Date of Surgery \_\_\_\_\_

Frequency: \_\_\_\_\_ times/week      Duration: \_\_\_\_\_ Weeks

\_\_\_\_\_ Week 1:

Elbow is immobilized in the Bledsoe Brace at 75 degrees flexion (7-10 days) with wrist free but in sling.

Dressing changed at 7-10 days after surgery

\_\_\_\_\_ Week 2

Begin active range of motion in the brace.

Brace adjusted to 15 degrees (locked) extension to full flexion

May begin grip strength in brace

\_\_\_\_\_ Week 4:

Discontinue the use of the Brace

Shoulder and elbow ROM, PROM-AAROM-AROM, advance as tolerated

Begin muscle strengthening exercises for wrist, forearm, elbow and shoulder

Advance strengthening as tolerated (avoid aggressive weight-lifting until 12 weeks after surgery, especially chest flies or other lifts that directly stress the ligament

Valgus stress on the elbow is avoided until at least 2 months after surgery

Total body conditioning / aerobic training may begin

\_\_\_\_\_ Month 4:

May begin an interval-throwing program progressing from 45 ft up to 180 ft.

Pitchers are not asked to throw past 120 ft, infielders are not asked to throw past 150ft.

The player may progress from one distance level to the next when the following criteria are met:

There is no pain or stiffness while throwing

There is no significant pain or stiffness after throwing

Strength is good throughout the final set with little fatigue

The throwing motion is effortless and fundamentally sound

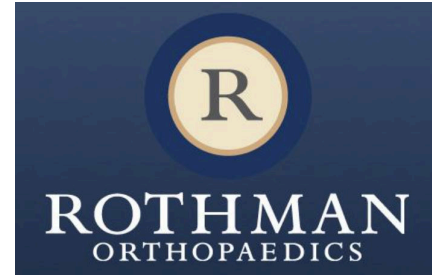
Accuracy is consistent and throws are online

For Pitchers, the mound program begins at the completion of the 120 ft level.

Catcher is initially moved forward, but throwing with pitching motion is reserved for the mound

No flat ground pitching is allowed

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\_\_\_ Months 9-12:

Return to competition is permitted when the following conditions are met:

Trunk, scapula, shoulder and arm muscle strength and balance have returned to normal

There is no pain while throwing

Throwing balance, rhythm, and coordination have been reestablished

Comments:

\_\_\_ Functional Capacity Evaluation \_\_\_ Work Hardening/Work Conditioning  Teach HEP

Modalities

Electric Stimulation \_\_\_ Ultrasound \_\_\_ Iontophoresis \_\_\_ Phonophoresis

\_\_\_ TENS  Heat before  Ice after \_\_\_ Trigger points massage  Therapist's discretion

Signature \_\_\_\_\_ Date \_\_\_\_\_