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 Sports Medicine
 Shoulder, Hip, Knee Arthroscopy
 Shoulder Replacement Surgery



**MIDWEST
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**DISCHARGE INSTRUCTIONS AND PHYSICAL THERAPY PROTOCOL:
 UCL Repair with Internal Brace**

- **Maintain splint clean, dry, and intact until post-operative visit**
- **Ice through the splint as needed**
- **Take medicine as prescribed, over the counter NSAIDs (Advil, Ibuprofen) as needed**
- **Driving is not permitted while in the sling**
- **You may move the hand and fingers as tolerated**

PHYSICAL THERAPY PROTOCOL

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Long Term Goals:	
<ul style="list-style-type: none"> • Full Elbow, Wrist, Shoulder Range of Motion Week 6 • Pain free ROM UE • Performing Shoulder, Arm & Entire Body Strengthening Program • Improving Entire Body Strength & Flexibility • Return to Unrestricted Throwing 	
I. Initial Phase: (Week 1)	
Goals: Full wrist ROM Decrease swelling Decrease pain Prevent muscle atrophy	
<i>Day of Surgery</i>	<ol style="list-style-type: none"> 1. ROM Brace locked at 70 degrees to Elbow Joint for 7 days 2. PROM wrist & hand
<i>Post op Day 1 and 2</i>	<ol style="list-style-type: none"> 1. Locked ROM Brace at 70 degrees flexion for 7 days 2. Immediate post-op hand, wrist, and hand exercises <ol style="list-style-type: none"> a. Putty/grip strengthening b. Wrist flexor stretching c. Wrist extensor stretching d. Shoulder PROM – all directions e. Pendulum exercises

<p><i>Post-op Day 3 through 7</i></p>	<ol style="list-style-type: none"> 1. PROM shoulder & wrist/hand <ol style="list-style-type: none"> a. ER/IR PROM exercises b. Shoulder flexion to tolerance c. Active scapular protraction/retraction & elev/depress seated in brace 2. Continue above exercises <ol style="list-style-type: none"> a. Shoulder isometrics <ol style="list-style-type: none"> 1. ER & IR 2. Abduction, Flexion & extension b. Scapular strengthening (seated NM control drills with manual resistance) c. Hand gripping exercises
<p>II. Acute Phase (Week 2-4)</p>	
<p>Goals: Gradually restore Elbow Joint ROM Improve muscular strength and endurance Normalize joint arthrokinematics</p>	
<p><i>Week 2, Day 8:</i></p>	<p>Begin PROM & AAROM Elbow ROM 30-110⁰ Progress to Elbow ROM brace (30-110⁰) Elbow AAROM/PROM exercises</p> <ol style="list-style-type: none"> 1. Initiate AROM elbow 2. Initiate AROM shoulder joint 3. Scapular strengthening exercises 4. Progress to light isotonic strengthening at day 10
<p><i>Beginning Week 3:</i></p>	<p>Progress Elbow ROM to 10-125⁰</p>
	<ol style="list-style-type: none"> 1. Initiate Thrower's Ten Exercise Program (day 15)
<p>III. Intermediate Phase: (Week 4-8)</p>	
<p>Goals: Restore full Elbow ROM Progress UE strength Continue with functional progression</p>	

<i>Week 4-6:</i>	Progress Elbow ROM to 0-145 ⁰
	<ol style="list-style-type: none"> 1. Progress to Advanced Thrower's Ten Program 2. Progress elbow & wrist strengthening exercises 3. Manual resistance wrist flexion & elbow flexion movements against manual resistance 4. Wrist & Forearm strengthening – dumbbell
<i>Beginning Week 7:</i>	Discontinue brace at end of week 6 Initiate 2 hand plyometric throws Prone planks Side plank on uninvolved side & ER on throwing side
<i>Week 8:</i>	Continue with advanced thrower's ten program Side planks with ER strengthening
IV. Advanced Phase: (Weeks 9-14)	
*Criteria to progress to Advanced Phase: <ol style="list-style-type: none"> 1. Full nonpainful ROM 2. No pain or tenderness 3. Isokinetic test that fulfills criteria to throw 4. Satisfactory clinical exam 5. Completion of rehab phases without difficulty 	
Goals: Advanced strengthening exercises Initiate Interval Throwing Program Gradual return to throwing	
<i>Beginning Week 9:</i>	Continue all strengthening exercises Initiate 1 hand plyometric throws Advanced thrower's ten program Plyometrics program (1 & 2 hand program)
<i>Beginning Week 10:</i>	Seated machine bench press Initiate Interval Hitting Program (week10) Seated rowing machine Progress Biceps (dumbbell) strengthening Progress Triceps pushdowns
<i>Beginning Week 11-16:</i>	Initiate Interval Throwing program week 12 (Long toss program) Phase I Continue all exercises as in week 9 – 10
<i>Beginning Week 16-20:</i>	Initiate Interval Throwing Program Phase II (Off mound program) Initiate mound throwing when athlete is ready & completed ITP Phase I -Continue Advanced Thrower 10 exercise program -Continue plyometrics -Continue ROM & Stretching programs
V. Return to Play Phase: (weeks 20 >):	
Goal: Gradual return to competitive throwing Continue all exercises & stretches	
<i>Week 20-24>:</i>	Initiate gradual return to competitive throwing Perform dynamic warm-ups & stretches Continue thrower's ten program Return to competition when athlete is ready (<i>Physician Decision</i>)

Note: ** Each athlete may progress thru ITP at different rates/pace.
 Should complete 0-90 ft within 3 weeks of starting it & complete
 120 ft within 8 weeks then begin mound program.