

PHYSICAL THERAPY PRESCRIPTION

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PATIENT STICKER

DIAGNOSIS (LEFT / RIGHT) ULNAR COLLATERAL LIGAMENT RECONSTRUCTION

DATE OF SURGERY _____

ULNAR COLLATERAL LIGAMENT RECONSTRUCTION PHYSICAL THERAPY PRESCRIPTION

IMMEDIATE POST OPERATIVE PHASE (0 - 3 weeks)

Goals: Protect Healing Tissue

Decrease Pain/Inflammation

Retard Muscular Atrophy

Establish Limited Range-of-Motion

• Post-Operative Week 1

Brace: Posterior splint at 90° elbow flexion

Range-of-Motion: Wrist AROM extension/flexion

Exercises: Gripping exercises

Wrist ROM

Shoulder Isometrics (no shoulder ER for first 14 days)

Internal rotation

Flexion/extension

Abduction/adduction

Biceps isometrics

Cryotherapy

• Post-Operative Week 2

Brace: Application of functional brace set at 30° – 100°.

Exercises: Initiate shoulder ER isometrics (day 14)

Initiate wrist isometrics

Initiate elbow extension isometrics

Continue all exercises listed above

• Post-Operative Week 3

Brace: Advance brace 15° – 110°.

(gradually increase ROM – 5° extension/10° flexion per week)

Exercises: Initiate light isotonic (no weight, use the weight of the arm)

Shoulder abduction

Shoulder elevation

Scapular strengthening

Biceps/triceps

Wrist flexion/extension

Forearm pronation/supination

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Initiate tubing ER/IR at 0° abduction
Continue ROM and gripping exercises

INTERMEDIATE PHASE (weeks 4-8)

Goals: Gradual increase in ROM
Promote repair of healed tissue
Regain and improve muscular strength

• Week 4

Brace: Functional brace set 15-120°

Exercises: Begin light weight resistance exercises for arm (1lb.)
Wrist curls, extensions, pronation, supination
Elbow flexion/extension
Progress shoulder program, emphasize rotator cuff strengthening

- Emphasis on external rotation, side lying

• Week 6

Brace: Functional brace set 0-130°; AROM 0-145° without brace
Discontinue brace at the end of week 6

Exercises: Progress wrist and elbow strengthening exercises
Progress shoulder program

• Week 8

Exercises: Continue Stretching Program for Elbow and ROM
Gradual progress of strengthening program

ADVANCED STRENGTHENING PHASE (weeks 9-13)

Goals: Increase strength, power and endurance
Maintain full elbow ROM
Gradually initiate sporting activities

Exercises: Initiate eccentric elbow flexion/extension
Triceps strengthening
Continue isotonic program; forearm and wrist
Continue shoulder program

RETURN TO ACTIVITY PHASE (weeks 16+)

Goals: Continue to increase strength, power and endurance of upper extremity musculature. Gradual return to sport activities

• Week 16:

Initiate Interval Throwing Program (Phase 1)

• Weeks 28

Progress to Interval Throwing Program (Phase 2)

Upon painless completion of Phase 2, progress to competitive throwing program (approx 9 months).

Treatment: _____ times per week **Duration:** _____ weeks

Physician's Signature: _____
Seth C. Gamradt, MD, Attending Orthopaedic Surgeon, USC

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INTERVAL THROWING PROGRAM PHASE 1

** Throwing is performed every other day. Pre-throwing and post-throwing exercises must be performed.

** Each Stage should be one week. If pain occurs during any stage, back up to previous stage.

Phase I: Long Toss program

45-ft. Stage

- a. Warm-up throwing
- b. 45 ft. (25 throws)
- c. Rest 15 min.
- d. Warm-up throwing
- e. 45 ft. (25 throws)

60-ft. Stage

- a. Warm-up throwing
- b. 60 ft. (25 throws)
- c. Rest 15 min.
- d. Warm-up throwing
- e. 60 ft. (25 throws)

90-ft. Stage:

- a. Warm-up throwing
- b. 90 Ft. (25 throws)
- c. Rest 15 min.
- d. Warm-up throwing
- e. 90 ft. (25 throws)

120-ft. Stage:

- a. Warm-up throwing
- b. 120 ft. (25 throws)
- c. Rest 15 min.
- d. Warm-up throwing
- e. 120 ft. (25 throws)

150-ft. Stage:

- a. Warm-up throwing
- b. 150 ft. (25 throws)
- c. Rest 15 min.
- d. Warm-up throwing
- e. 150 ft. (25 throws)

180-ft. Stage:

- a. Warm-up throwing

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- b. 180 ft. (25 throws)
- c. Rest 15 min.
- d. Warm-up throwing
- e. 180 ft. (25 throws)

Then begin throwing from mound or to respective position.

INTERVAL THROWING PROGRAM PHASE 2

** Throwing is performed every other day. Pre-throwing and post-throwing exercises must be performed.

Phase II: Starting Off the Mound

Stage I: Fastball Only

Step 1: a. Interval throwing

b. 15 throws from mound 50%

Step 2: a. Interval throwing

b. 30 throws from mound 50%

Step 3: a. Interval throwing

b. 45 throws from mound 50%

Stage II: Fastball Only

Step 4: a. Interval throwing

b. 60 throws from mound 50%

Step 5: a. Interval throwing

b. 30 throws from mound 75%

Step 6: a. 30 throws from mound 75%

b. 45 throws from mound 50%

Stage III: Fastball Only

Step 7: a. 45 throws from mound 75%

b. 15 throws from mound 50%

Step 8: a. 60 throws from mound 75%

Stage IV: Fastball Only

Step 9: a. 45 throws from mound 75%

b. 15 throws in batting practice

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Step 10: a. 45 throws from mound 75%
b. 30 throws in batting practice

Step 11: a. 45 throws from mound 75 %
b. 45 throws in batting practice

Stage V:

Step 12: a. 30 throws from mound 75% warm-up
b. 15 throws from mound 50% breaking balls
c. 45-60 throws in batting practice throws from mound 50% (fastball only)

Step 13: a. 30 throws from mound 75%
b: 30 breaking balls 75%
c: 30 throws in batting practice

Step 14: a. 30 throws from mound 75%
b. 60-90 throws in batting practice 25% breaking balls

Step 15: Simulated game progressing by 15 throws per work-out.
Use interval throwing to 120-ft. phase as warm-up. All
throwing from the mound should be done in the presence
of the pitching coach to stress proper throwing mechanics.
A speed gun should be used to aid in effort control.