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Post-Operative Rehabilitation Guidelines for Ulnar Collateral Ligament Repair

- 0-4 Weeks:** Posterior mold splint and sling until first post-op visit
 Splint removed and use hinged elbow brace for weeks 2-4
 PROM into AAROM and AROM at elbow and shoulder as tolerated
 Progress elbow ROM to 10-125 by post op week 3
 Initiate Thrower's Ten exercise program by week 3
 Scapular and light isotonic strengthening
 No lifting
 Desensitization and scar massage as soon as sutures are removed
- 4-8 Weeks:** Progress ROM to 0-145 degrees
 Progress to Advanced Thrower's Ten program
 Progress elbow and wrist strengthening exercises once motion achieved
- 8-10 Weeks:** Progress to one-hand plyometrics and prone planks by week 8
 Plyometrics program (1 and 2 hand) and side planks by week 9
 Seated machine bench press and interval hitting program by week 10
 Continue Advanced Thrower's Ten program
- 11-16 Weeks:** Initiate Interval Throwing program week 11-12
 Long Toss program – Phase I
 Continue prior exercises
- 16-20 Weeks:** Initiate Interval Throwing program – Phase 2
 Initiate mound throwing when ready and completed ITP – Phase I