

# 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:** \_\_\_\_\_

**Frank A. Petrigliano, MD, Attending Orthopaedic Surgeon, UCLA**

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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)

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## 180-ft. Stage:

- a. Warm-up throwing
- 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%

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## Stage IV: Fastball Only

Step 9: a. 45 throws from mound 75%  
b. 15 throws in batting practice

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.