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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