Baylor Scott & White
ORTHOPEDIC ASSOCIATES OF DALLAS
A member of HealthTexas Provider Network

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UCL Reconstruction (Tommy John)

REHABILITATION PROTOCOL

PHASE	RANGE OF MOTION	SPLINT / BRACE	THERAPEUTIC EXERCISE
Phase I **0–3 weeks** GOAL TO ADVANCE *Elbow motion 15-115°; strength ≥4/5*	Week 1: none. Week 2: brace 25-100°. Week 3: brace 15-115°. Active elbow motion from day 14. No stress on the inside of the elbow*	Posterior splint at 90° for 1 week, then hinged brace	Grip from day 1; isometrics for shoulder and elbow (no shoulder external rotation isometrics); knee motion and bike at week 3 if gracilis graft
Phase II **4–6 weeks** GOAL TO ADVANCE *Full motion; strength ≥70% of other side*	Brace 0-125° (week 4), 0-135° (week 5), 0-145° (week 6)	Discontinue at 6 weeks once motion is full	Light wrist/forearm, biceps, triceps and scapular exercises (1 lb). No shoulder ER strengthening before 6 weeks
Phase III **6–12 weeks** GOAL TO ADVANCE *Full pain-free motion; strength ≥85%*	Full	None	Thrower's Ten at 6 weeks, advanced at 8 weeks; eccentric elbow work, forearm flexors and pronators, rows, pulldowns. No throwing
Phase IV **12–16 weeks** GOAL TO ADVANCE *Strength and functional tests met*	Full	None	Two-hand plyometrics at 12 weeks, one-arm at 14 weeks; hitting program at 12 weeks. No throwing
Phase V **16+ weeks** GOAL TO ADVANCE *Physician clearance*	Full without discomfort	None	Interval throwing program from 16 weeks; return to competitive throwing usually 9-12 months (pitchers 12-15 months)**

NOTES

*Valgus stress (the elbow bending inward, as in throwing) stretches the new ligament

**If approved by physician