

# NewportCare Medical Group

Lucas Wymore MD

Sports Medicine

Office Phone: 949-491-9991

40700 California Oaks Drive, Suite 205

Murrieta, CA 92592

Fax: 949-612-9795



## ELBOW UCL (TOMMY JOHN) RECONSTRUCTION REHABILITATION PROTOCOL

|   | <b>RANGE OF MOTION</b>                     | <b>IMMOBILIZER</b>                                 | <b>THERAPEUTIC EXERCISE</b>  |
|---|--|--|--|
| <b>PHASE I</b><br><b>2 - 4 weeks</b>    | Passive ROM to tolerance                   | Brace locked at 0 - 90 and to be worn at all times | Scapular stabilizing exercises, gentle rotator cuff strengthening, gentle hand/wrist/shoulder ROM<br><b>gentle hand grip exercises</b>   |
| <b>PHASE II</b><br><b>4 - 6 weeks</b>   | Begin AAROM to full flexion*               | Brace locked at 0 - 90 and to be worn at all times | Advance exercises in phase I   |
| <b>PHASE III</b><br><b>6 - 12 weeks</b> | Progress to full motion without discomfort | None   | Continue with scapular and rotator cuff strengthening, begin forearm resistance exercises -first in flexion and then advance to extension<br>NO valgus stress  |
| <b>PHASE IV</b><br><b>3 - 5 months</b>  | Full and pain-free                         | None   | Continue with shoulder strengthening, begin aggressive rotational exercises, light tossing, and sport-specific activities<br>Begin interval throwing program<br>Plan 12-18 months return to full sport |

\*No forced full flexion