

## UCL (“Tommy John”) Protocol

### Phase I (Weeks 1-3)

#### Goals:

- Promote healing
- Diminish pain and inflammation
- Prevent muscular inhibition

#### ROM

- Splint in gentle flexion, around 60° for 7-10 days
- Ball squeezes
- AROM
  - Wrist flexion/extension
  - Finger flexion/extension
  - Shoulder- NO EXTERNAL ROTATION
- PROM
  - Elbow flexion/extension as dictated by brace

#### Brace (Start 30-100° and advance 5-10° in each direction per week)

- Splint 0-10 days
- Functional Brace
  - 30-100° week 2
  - 10-110° week 3
- NO FULL EXTENSION UNTIL WEEK 3-4

#### Modalities

- E-stim as needed
- Ice 15-20 minutes per hour

## Phase II (Weeks 4-8)

### Goals:

- Gradual increase to FULL ROM
- Control pain and inflammation
- Progressive strength and endurance training

### ROM

- Continue ROM from previous phase and initiate elbow AROM in week 6

### Strength

- Continue to progress strength from Phase I
- Initiate light resistance exercises
- Initiate light wrist flexion and extension
- Initiate forearm pronation and supination
- Initiate light elbow flexion and extension
- Progress shoulder strengthening program
- Progress rotator cuff program – AVOID EXTERNAL ROTATION UNTIL WEEK 6
- Bike at 4 weeks
- Elliptical at 6 weeks
- Scapular stabilizing exercises
- Core/Pilates

### Brace

- Functional brace
  - 10-120° week 4
  - 0-130° week 5 and then off by week 6 unless otherwise noted

### Modalities

- Ice 15-20 minutes per hour

## Phase III (Weeks 8-14)

### Goals:

- “Rehab holiday”
- Full elbow ROM
- No Shoulder/Elbow work

### ROM

- Continue all ROM activities to regain full ROM

### Strength

- Core
- Cardio
- Lower Extremity

### Brace

- Discontinued by week 6 unless otherwise noted

### Modalities

- Ice 15-20 minutes per hour
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## Phase IV (Weeks 14+)

### Goals:

- “Preparation for return to throwing”

### ROM

- Continue all stretching and ROM activities from previous phases

### Strength

- Continue with all strengthening of RTC/Scapula/Forearm activities increasing weight and repetitions
- Initiate single arm eccentric activities
- Begin 90-90 work
  - Plyos, eccentrics, throwbacks, soft toss
- Progress valgus load
- Initiate **Interval Throwing Program** by week 17

**Modalities**

- Ice 15-20 minutes per hour

**7 Months – Mound Progression Program**

**10 Months – Face live batters**

**12-18 Months – Full return to previous level of throwing**

Please do not hesitate to contact the office with any questions or concerns you may have at  
(301)-530-1010.