



**GUSTAVEL**  
• ORTHOPEDICS •

1702 Fairview Avenue Boise, Idaho 83702 p 208-957-7400 f 877-287-3117

## **UCL RECONSTRUCTION—REHABILITATION GUIDELINES**

### **(Palmaris longus graft)**

#### **General Precautions:**

Avoid valgus stresses early on  
More stress on graft in flexion than extension

#### **Weeks 0-4**

In splint, locked @ 90 degrees for ADL's

PROM : : may work towards full extension early on, to 100 degrees of flexion, then 10 degrees/week with goal of FROM by weeks 4-6

#### **Exercises:**

1. Wrist ROM
2. Gripping
3. Submaximal isometrics for wrist, hand, elbow
4. Maintain shoulder ROM
5. Scapular isometrics

#### **Weeks 4-6**

1. Continue PROM as indicated
2. Light resistance isotonic

#### **Weeks 6-10**

1. Begin Thrower's 10 @ 6 weeks
2. Begin PRE's @ week 8-9
3. Focus on medial stability (Flexor carpi ulnaris, flexor digitorum superficialis) weeks 8-9

#### **Weeks 12-16**

1. Aggressive exercises with eccentrics & plyometrics
2. Advanced Thrower's 10
3. 2-handed plyometric drills
4. May begin hitting off a T @ 12-14 weeks, progress to soft-toss, then batting practice
5. @ week 14, 1-handed plyo drills
6. Interval throwing @ week 16

#### **Return to Throwing**

1. Begin off the mound 4-6 weeks after initiation of Interval throwing
2. Competitive throwing @ approximately 9 months