

Physical Therapy Protocol

Elbow Ulnar Collateral Ligament Reconstruction (Tommy John)

Recommendation: PT/OT visits 2-3x/week for 8-12 weeks

Day 0-10

- Immobilized in splint
- Sling for comfort
- Shoulder pendulums, wrist, and finger range of motion

Week 2-8

- Transitioned to hinged elbow brace in clinic
 - Week 3: 30-100 ROM arc
 - Week 4: 15-120 ROM arc
 - Week 5: 10-120 ROM arc
 - Week 6: 0-130 ROM arc
 - Week 7: Brace removed, full elbow ROM
- Begin pronation and supination at week 3 with arm at the side and 90 degree elbow flexion
- No weights
- Avoid varus and valgus stress on elbow – no arm abduction

Week 8-16

- Begin light resistance
- Work towards full elbow PROM
- Evaluate shoulder mechanics
- Closed chain exercises
- Scapulothoracic mechanics and exercises
- Begin throwing program

Week >16

- Home exercise program
- Resistance training
- Sport specific training
- Progress throwing program