



## Rehabilitation Protocol Ulnar Collateral Ligament Reconstruction Throwing Progression

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### 4 MONTHS

- Advance rotator cuff strengthening
- Avoid Isokinetic internal rotation strengthening until 6 months
- Soft toss 30 to 40 feet with no windup, 10 to 25 minutes per session, 3 days per week
- Ice post throwing

### 5 MONTHS

- Increase tossing distance to 60 feet with no windup, 15 minutes per session, 3 days per week
- Ice post throwing

### 6 MONTHS

- Isokinetic rotator cuff strengthening as tolerated
- Easy windup added to throwing, limit distance to 60 feet, 50% effort, 15 minutes per session
- Ice post throwing

### 7 MONTHS

- Throw with 50% effort, 60 to 90 feet, 20-30 minutes, 3 days per week

### 8 MONTHS

- If cleared by physician, advance to 70 % effort throwing for 30 minutes, 3 days per week

### 9 - 12 MONTHS

- Advance throwing effort to 80% at 9 months from the mound, 30 minute max
- Increase to 90-100% at 10 months
- Focus on pitching mechanics
- No competitive pitching until full progression tolerated well and minimum 11 months post surgery