

Ascension Borgess Orthopedics & Sports Medicine

Postop Rehabilitation

UCL Reconstruction (Tommy John Procedure)

Phase I (0-2 weeks)

Range of Motion: Elbow splinted at 90d

Splint: Keep on at all times.

Exercises: Wrist and hand only

Restrictions: No elbow range of motion

Phase II (2-6 weeks)

Range of Motion: Progress to full range of motion as tolerated.

Brace: Worn at all times. Removed for hygiene.

Exercises: Wrist and hand. Elbow gentle ROM. Gentle rotator cuff strengthening.

Restrictions: No lifting more than coffee cup.

Phase III (6 weeks - 3 months)

Range of Motion: Full ROM.

Brace: Worn at all times. Removed for hygiene.

Exercises: Elbow, wrist, and hand ROM. Scapular and rotator cuff strengthening.

Phase IV (3 - 5 months)

Range of Motion: Full and pain-free

Brace: None

Exercises: Gentle, progressive strengthening. Maintain flexibility. Light tossing.

Phase V (5 - 12 months)

Range of Motion: Full and pain-free

Exercises: Progressive shoulder, elbow, wrist strengthening. Sport specific training. Progressive throwing program. May return to full activities after 10 months