

Post UCL Reconstruction

RETURN TO THROWING PROTOCOL

***Return to Throwing Protocol begins 16 weeks after surgery,**
if all rehabilitation goals are met.

***Warm-up throwing will begin with:**
5-10 throws @ 30 ft. or distance achieved

NOTE: Warm-up 5-10 throws every 10 ft. continues until the
prescribed distance is reached for that day.

- ❖ **DO NOT progress to the next distance if you experience pain graded as greater than a 5 on a scale from 1-10.** Remain at the distance you have achieved or decrease the distance by 10 ft. until your pain is minimal.

Week 1

| Session 1 | Session 2 |
|---------------------------|---------------------------|
| * <u>Warm-up</u> throwing | * <u>Warm-up</u> throwing |
| *25 throws @ 45 feet | *25 throws @ 45 feet |
| Rest 2-3 minutes | Rest 2-3 minutes |
| *25 throws @ 45 feet | *25 throws @ 45 feet |
| | Rest 2-3 minutes |
| | *25 throws @ 45 feet |

- ❖ **ONLY THROW 2 DAYS A WEEK AT EACH DISTANCE; 2-3 DAYS BETWEEN SESSIONS.**

CONTINUE THROWING PROGRAM AS SHOWN ABOVE;
INCREASE DISTANCE

Week 2 @ 60 feet

Week 3 @ 90 feet

Week 4 @ 120 feet

Week 5 @ 150 feet

Week 6 @ 180 feet

NOTE: Pitchers will begin throwing off the mound at the completion of 150 ft.

THROWING FROM THE MOUND:

1. Use the “Return to Throwing Program,” for *Warm-up @ 120 ft.
2. Pitching Coach must be present to enforce proper throwing mechanics.
3. Throw 2 days per week from the mound; not consecutive days.

| Week | Session | |
|--------|------------|---|
| Week 1 | Session 1 | 30 throws @ 50% |
| | Session 2 | 30 throws @ 50% |
| Week 2 | Session 3 | 45 throws @ 50% |
| | Session 4 | 60 throws @ 50% |
| Week 3 | Session 5 | 30 throws @ 75% |
| | Session 6 | 30 throws @ 75% |
| | | 45 throws @ 50% |
| Week 4 | Session 7 | 45 throws @ 75% |
| | | 15 throws @ 50% |
| | Session 8 | 45 throws @75% |
| | | 15 throws @ 50% |
| Week 5 | Session 9 | 45 throws @75% |
| | | 15 throws/batting practice |
| | Session 10 | 45 throws @75% |
| | | 30 throws/batting practice |
| Week 6 | Session 11 | 45 throws @75% |
| | | 45 throws/batting practice |
| | Session 12 | 30 throws-fastballs @75% |
| | | 15 throws – breaking balls @ 50% |
| | | 45-60 throws – fastballs/batting practice |
| Week 7 | Session 13 | 30 throws @ 75% |
| | | 30 throws – breaking balls @ 75% |
| | | 30 throws/batting practice |
| | Session 14 | 30 throws off mound @ 75% |
| | | 60-90 throws – breaking balls/batting practice @ 25% |
| Week 8 | Session 15 | Live batting practice - 2 sets of 15 pitches = 30 pitches |
| | Session 16 | Live batting practice - 2 sets of 15 pitches = 30 pitches |

Week 9-12: Live Batting Practice

Progress to an additional 5 Pitches per week

Please note that rehabilitation protocols are to be used as general guidelines in the overall treatment and plan of care for the patients of Central Texas Sports Medicine & Orthopaedics. Supervised treatment and care under physicians, physical therapists, and athletic trainers are essential in a patient progressing through each phase of the rehabilitation process. Our doctors, therapists, and trainers will determine the appropriate progression of the specific protocol for each patient.