

Ulnar collateral ligament reconstruction (Tommy John)
Dr. Souster

Long arm posterior splint x 1 week. Remove splint at 7 days after surgery and place in hinged elbow brace (IROM) set at -30 degrees of extension and 100 degrees of flexion. Progress brace ROM by 10 degrees of flexion and extension each week. Physical therapy should start 1 week post-op. Discontinue brace and full range of motion expected by week 5-6. Progression on strengthening with physical therapy after range of motion returned. Initiation of Interval throwers program at week 18 and may return to batting usually around 4-5 months. Usual duration of throwing program is about 3-4 months. Expected time to release to full throwing 9-12 months.