

Tommy John Surgery Rehabilitation Program

- 7-10 days:** Immobilized
- 2-6 weeks:** Removal splint for protection, off every hour for ROM
- 6-10 weeks:** Initiate gentle isometrics, light shoulder dumbbells.
- 10 weeks:** Total body conditioning - cardiovascular. May increase to 1-2# weights.
- 12-20 weeks:** Light medicine ball under hand toss– watched closely by athletic trainer, light bench press increasing to moderate weight (20-50# max).
- 20 weeks:** Light toss on flat ground at 45 feet every-other-day for about 15 minutes, may slowly increase to 60 feet-6inches by 6 month mark.
*Pitching coach should monitor mechanics.
- 7-8 months:** Begin to throw off mound at 50% effort and speed. NO special pitches. Gradually increase intensity. Watch for arm tightness. May initiate lower extremity weight training including squats/lunges with weight
- 8-10 months:** Game conditions including batting practice.
- 11-12 months:** Starting rotation if pain-free.

From: 1. Advance for Directors in Rehab, September 2004.
2. Techniques in Shoulder and Elbow Surgery. 1(2):73-81, 2000. Management of MCL Injuries of the Elbow in Throwers.
3. Journal of Shoulder and Elbow Surgery. 10(2):152-7, 2001. Ulnar collateral ligament reconstruction in athletes: Muscle-splitting approach without transposition of the ulnar nerve.