



Town Center

ORTHOPAEDICS

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Post-operative Instructions: Elbow OCD OATS Procedure

- Start hand and gentle shoulder ROM immediately after surgery. Elevate and ice daily.
- Follow up with me at 10-14 days postop. Remove sutures and apply steristrips. Change to hinged elbow brace locked from 20-120. Exercises either in neutral or pronated forearm. No weightbearing (no lifting/pushing/pulling > 1 lb).
- 4-8 Weeks: brace unlocked, continue exercises until full ROM achieved, start supination at 90 degrees (avoid extension+supination), remain non-weightbearing.
- 8-12 weeks: D/c brace and start Thrower's Ten Program when full ROM achieved. Start shoulder program with emphasis on cuff strengthening (no IR against resistance).
- 12-16 weeks: Advanced Thrower's Ten Program if ready. Begin machine-based resistance and interval hitting program. Can start throwing program.
- Average return to competitive throwing: 6-9 months



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Thrower's Ten Program

1. Diagonal-pattern D2 Extension & Flexion
2. Shoulder external rotation & internal rotation at 0° of abduction
3. Shoulder scapular abduction, external rotation (full can)
4. Sidelying shoulder external rotation
5. Prone shoulder horizontal abduction
6. Prone shoulder horizontal abduction (full ER 100° abduction)
7. Prone Rowing
8. Prone rowing into external rotation
9. Press-ups
10. Push-ups
11. Elbow Flexion & Extension
12. Wrist: extension, flexion, supination, pronation



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Advanced Thrower's Ten Program

Band Resisted:

1. Shoulder ER/ IR at 0° abduction while seated on a stability ball*
2. Shoulder extensions while seated on a stability ball~
3. Lower trapezius isolation while seated on a stability ball ~
4. High row into shoulder external rotation while seated on a stability ball ~
5. Biceps curls/triceps extensions while seated on a stability ball ~

Dumbbell Resisted:

6. Full can while seated on a stability ball ~
7. Lateral raise to 90° while seated on a stability ball~
8. Prone T's on stability ball ~
9. Prone Y's on stability ball ~
10. Prone row into external rotation on stability ball ~
11. Side lying shoulder external rotation
12. Wrist flexion/extension and supination/pronation

Key

* Contralateral sustained hold during exercise

~ Exercise performed in 3 continuous patterns per set: 1) bilateral active for 10-15 reps, 2) alternating reciprocal 10-15 reps, 3) sustained contralateral hold for 10-15 reps (30- 45 total reps per set divided over 3 movement patterns is equal to one set. 2 cycles would be a total of 60-90 reps in volume per exercise)

Goal is to perform 2 cycles of entire program without pain