



# Town Center

## ORTHOPAEDICS

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HAND & WRIST SURGERY  
UPPER EXTREMITY SURGERY  
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### *Post-operative Instructions: Elbow UCL Reconstruction*

- Start hand and gentle shoulder ROM immediately after surgery. Elevate and ice daily. Stay in splint until follow up with hand therapist 5-7 days after surgery and change to hinged elbow brace.
- Follow up with me at 10-14 days postop. Remove sutures and apply steristrips. Biceps and Triceps isometric strengthening.
- Brace locked degrees:
  - Week 2: 25-100
  - Week 3: 15-115
  - Week 4: 0-125
- 5-6 weeks: Continue to progress to full passive ROM in brace. Progress to active ROM supination. Start Thrower's Ten Program when full ROM achieved. Start shoulder program with emphasis on cuff strengthening (no IR against resistance).
- 7-8 weeks: D/c brace. Progress to full active ROM of elbow and strengthening exercises. Start shoulder IR strengthening and progress shoulder program. Advanced Thrower's Ten Program if ready.
- 9-12 weeks: Begin machine-based resistance and interval hitting program.
- Begin swimming at 13 weeks. Begin golf if leading arm (trailing arm at 16 weeks).
- Average return to hitting: 4-5 months.
- Average return to competitive throwing: 9-18 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