



# Town Center

## ORTHOPAEDICS

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HAND & WRIST SURGERY  
UPPER EXTREMITY SURGERY  
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### *Post-operative Instructions: Elbow UCL Repair + Internal Brace*

- Stay in splint until follow up with hand therapist 5-7 days after surgery and change to hinged elbow brace. Start hand and shoulder ROM immediately after surgery.
- Follow up with me at 10-14 days post-op. Remove sutures and apply steri-strips. Full active and passive pronation. Full active supination, but no passive supination. Bicep and Triceps isometric strengthening.
- Brace unlocked degrees:
  - Week 2: 30-90
  - Week 3: 20-100
  - Week 4: 10-110
- 5-6 weeks: Progress to full passive ROM. 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. Start plyometric program.
- 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 pitching: 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