

Educational Presentation: Ulnar Collateral Ligament Rehabilitation

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Purpose: To provide clinical guidelines for the rehabilitation of the surgically repaired ulnar collateral ligament in a throwing athlete.

Description: This is an educational presentation with clinical emphasis. This will include clinical guidelines from post-surgical to return to throw of the mound. It will include pain, range of motion, strengthening, increasing tissue tolerance, and progressive throwing function.

Summary of Use: The intent of this knowledge is to take extensive clinical experience and set up guidelines. These can be used in a clinical setting to rehabilitate the surgically repaired ulnar collateral ligament in a throwing athlete.

Importance: The long-term goal is to return the athlete to the previous level of throwing ability. Although the procedure has become common and called relatively routine, there has only been an approximate 90% success rate that has been documented at best. Or in other words, 1 out of 10 fail. It is the 10% that present the clinical challenge.