

**Adult UCL Reconstruction Post-Operative Throwing Program**  
**E.Edward Khalfayan, M.D.**

Post-op Week	Throws @ Feet	Total Throws
	M, W, F. Sat and Sun Off	
15	20x @ 30 Tennis Ball	20
	20 @ 30 Tennis Ball	20
	30 @ 30 Tennis Ball	30
16	20 @ 30 Baseball	20
	20 @ 30 Baseball	20
	30 @ 30 Baseball	30
17	20 @ 45	20
	20 @ 45	20
	30 @ 45	30
18	10 @ 45, 10 @ 60	20
	20 @ 45, 10 @ 60	30
	10 @ 45, 20 @ 60	30
19	20 @ 45, 20 @ 60	40
	20 @ 45, 20 @ 60	40
	10 @ 45, 30 @ 60	40
20	10 @ 45, 20 @ 60, 10 @ 75	40
	10 @ 45, 20 @ 60, 10 @ 75	40
	10 @ 45, 20 @ 60, 20 @ 75	50
21	10 @ 45, 20 @ 60, 20 @ 75	50
	10 @ 45, 10 @ 60, 10 @ 75, 10 @ 90	40
	10 @ 45, 20 @ 60, 10 @ 75, 10 @ 90	50
22	10 @ 45, 20 @ 60, 10 @ 75, 10 @ 90	50
	10 @ 45, 10 @ 60, 20 @ 75, 10 @ 90	50
	10 @ 45, 10 @ 60, 20 @ 75, 10 @ 90	50
23	10 @ 45, 10 @ 60, 20 @ 75, 20 @ 90	60
	10 @ 45, 10 @ 60, 10 @ 75, 20 @ 90, 10 @ 105	60
	10 @ 45, 10 @ 60, 10 @ 75, 20 @ 90, 10 @ 105	60
24	10 @ 45, 10 @ 60, 10 @ 75, 20 @ 90, 10 @ 105	60
	10 @ 45, 10 @ 60, 20 @ 75, 20 @ 90, 10 @ 105	70
	10 @ 45, 10 @ 60, 20 @ 75, 20 @ 90, 10 @ 105	70
25	10 @ 45, 10 @ 60, 10 @ 75, 20 @ 90, 20 @ 105	70
	10 @ 45, 10 @ 60, 10 @ 75, 10 @ 90, 10 @ 105, 10 @ 120	60
	10 @ 45, 10 @ 60, 10 @ 75, 10 @ 90, 20 @ 105, 10 @ 120	70
26	10 @ 45, 10 @ 60, 10 @ 75, 10 @ 90, 20 @ 105, 10 @ 120	70
	10 @ 45, 10 @ 60, 10 @ 75, 20 @ 90, 20 @ 105, 10 @ 120	80
	10 @ 45, 10 @ 60, 10 @ 75, 20 @ 90, 20 @ 105, 10 @ 120	80
27	10 @ 45, 10 @ 60, 10 @ 75, 10 @ 90, 20 @ 105, 20 @ 120	80
	10 @ 45, 10 @ 60, 10 @ 75, 10 @ 90, 20 @ 105, 20 @ 120	80
	10 @ 45, 10 @ 60, 10 @ 75, 10 @ 90, 20 @ 105, 20 @ 120	80
28	10 @ 45, 10 @ 60, 10 @ 75, 10 @ 90, 10 @ 105, 10 @ 120, 10 @ 135	70
	10 @ 45, 10 @ 60, 10 @ 75, 10 @ 90, 10 @ 105, 10 @ 120, 10 @ 135	70
	10 @ 45, 10 @ 60, 10 @ 75, 10 @ 90, 10 @ 105, 20 @ 120, 10 @ 135	80
29	10 @ 45, 10 @ 60, 10 @ 75, 10 @ 90, 10 @ 105, 20 @ 120, 10 @ 135	80
	10 @ 45, 10 @ 60, 10 @ 75, 10 @ 90, 10 @ 105, 20 @ 120, 10 @ 135	80
	10 @ 45, 10 @ 60, 10 @ 75, 10 @ 90, 10 @ 105, 20 @ 120, 10 @ 135	80
30	10 @ 45, 10 @ 60, 10 @ 75, 10 @ 90, 20 @ 105, 20 @ 120, 10 @ 135	90
	10 @ 45, 10 @ 60, 10 @ 75, 10 @ 90, 20 @ 105, 20 @ 120, 10 @ 135	90
	10 @ 45, 10 @ 60, 10 @ 75, 10 @ 90, 10 @ 105, 20 @ 120, 20 @ 135	90
31	10 @ 45, 10 @ 60, 10 @ 75, 10 @ 90, 10 @ 105, 20 @ 120, 20 @ 135	90
	10 @ 45, 10 @ 60, 10 @ 75, 10 @ 90, 10 @ 105, 20 @ 120, 20 @ 135	90
	10 @ 45, 10 @ 60, 10 @ 75, 10 @ 90, 10 @ 105, 20 @ 120, 20 @ 135	90
32	10 @ 45, 10 @ 60, 10 @ 75, 10 @ 90, 10 @ 105, 10 @ 120, 10 @ 135, 10 @ 150	80
	10 @ 45, 10 @ 60, 10 @ 75, 10 @ 90, 10 @ 105, 10 @ 120, 10 @ 135, 10 @ 150	80
	10 @ 45, 10 @ 60, 10 @ 75, 10 @ 90, 10 @ 105, 10 @ 120, 10 @ 135, 10 @ 150	80
33	10 @ 45, 10 @ 60, 10 @ 75, 10 @ 90, 10 @ 105, 10 @ 120, 10 @ 135, 10 @ 150	80
	10 @ 45, 10 @ 60, 10 @ 75, 10 @ 90, 10 @ 105, 10 @ 120, 10 @ 135, 10 @ 150	80
	10 @ 45, 10 @ 60, 10 @ 75, 10 @ 90, 10 @ 105, 10 @ 120, 10 @ 135, 10 @ 150	80
34	10 @ 45, 10 @ 60, 10 @ 75, 10 @ 90, 10 @ 105, 20 @ 120, 10 @ 135, 10 @ 150	90
	10 @ 45, 10 @ 60, 10 @ 75, 10 @ 90, 10 @ 105, 20 @ 120, 10 @ 135, 10 @ 150	90
	10 @ 45, 10 @ 60, 10 @ 75, 10 @ 90, 10 @ 105, 10 @ 120, 20 @ 135, 10 @ 150	90
35	10 @ 45, 10 @ 60, 10 @ 75, 10 @ 90, 10 @ 105, 10 @ 120, 20 @ 135, 10 @ 150	90
	10 @ 45, 10 @ 60, 10 @ 75, 10 @ 90, 10 @ 105, 10 @ 120, 20 @ 135, 10 @ 150	90
	10 @ 45, 10 @ 60, 10 @ 75, 10 @ 90, 10 @ 105, 10 @ 120, 10 @ 135, 20 @ 150	90
36	10 @ 45, 10 @ 60, 10 @ 75, 10 @ 90, 10 @ 105, 10 @ 120, 10 @ 135, 20 @ 150	90
	Flat Ground Bullpen @ 55 ft, 20-25 pitches, FB only	
	Flat Ground Bullpen @ 55 ft, 20-25 pitches, FB only	
37	Flat Ground Bullpen @ 55 ft, 20-25 pitches, FB only	
	Flat Ground Bullpen @ 60 ft, 25-30 Pitches, FB only	
	Flat Ground Bullpen @ 60 ft, 25-30 Pitches, FB only	
38	Flat Ground Bullpen @ 60 ft, 30-35 pitches, FB only	
	Flat Ground Bullpen, 30-35 pitches, FB only	
	Flat Ground Bullpen, 30-35 pitches, FB only	
39	Flat Ground Bullpen, 35-40 pitches, FB/CH	
	Flat Ground Bullpen, 35-40 pitches, FB/CH	
	Flat Ground Bullpen, 35-40 pitches, FB/CH	
40	Flat Ground Bullpen, 40-45 pitches, FB/CH	
	Flat Ground Bullpen, 40-45 pitches, FB/CH	
	Flat Ground Bullpen 40-45 pitches, FB/CH/CB (6)	
41	Flat Ground Bullpen 40-45 pitches, FB/CH/CB (6)	
	Flat Ground Bullpen 40-45 pitches, FB/CH/CB (6)	
	Flat Ground Bullpen 40-45 pitches, FB/CH/CB (8)	
42	Flat Ground Bullpen 40-45 pitches, FB/CH/CB (8)	
	Sim game 1 inning (20)	
	Sim game 1 inning (20)	
43	Sim game 1 inning (20)	
	Sim Game 2 innings (25-30)	
	Sim Game 2 innings (25-30)	
44	Sim Game 2 innings (25-30)	
	Game 1 inning (20 pitch max)	
	Game 2 innings (30 pitch max)	
45	Progress gradually as tolerated, all pitches	