

UCL Repair Post-Operative 12 Week Throwing Program

E. Khalfayan, MD.

Week	Day	Throws @ Feet	Total Throws
		<i>M, W, F — Sat and Sunday Off</i>	
1	M	30@30 with Tennis ball	30
	W	20@30 with Baseball	20
	F	30@30 with Baseball	30
2	M	20@45	20
	W	30@45	30
	F	20@45, 10@60	30
3	M	20@45, 20@60	40
	W	10@45, 30@60	40
	F	10@45, 20@60, 10@75	40
4	M	10@45, 20@60, 20@75	50
	W	10@45, 20@60, 10@75, 10@90	50
	F	10@45, 10@60, 20@75, 10@90	50
5	M	10@45, 10@60, 10@75, 20@90, 10@105	60
	W	10@45, 10@60, 20@75, 20@90, 10@105	70
	F	10@45, 10@60, 10@75, 20@90, 20@105	70
6	M	10@45, 10@60, 10@75, 10@90, 20@105, 10@120	70
	W	10@45, 10@60, 10@75, 20@90, 20@105, 10@120	80
	F	10@45, 10@60, 10@75, 10@90, 20@105, 20@120	80
7	M	10@45, 10@60, 10@75, 10@90, 10@105, 20@120, 10@135	80
	W	10@45, 10@60, 10@75, 10@90, 20@105, 20@120, 10@135	90
	F	10@45, 10@60, 10@75, 10@90, 10@105, 20@120, 20@135	90
8	M	10@45, 10@60, 10@75, 10@90, 10@105, 10@120, 10@135, 10@150	80
	W	10@45, 10@60, 10@75, 10@90, 10@105, 20@120, 10@135, 10@150	90

	F	10@45, 10@60, 10@75, 10@90, 10@105, 10@120, 10@135, 20@150	90
9	M	Flat ground bullpen @ 55ft, 20-25 pitches, FB only	20-25
	W	Flat ground bullpen @ 60ft, 25-30 pitches, FB only	25-30
	F	Flat ground bullpen @ 60ft, 30-35 pitches, FB only	30-35
10	M	Flat ground bullpen 30-35 pitches, FB only	30-35
	W	Flat ground bullpen 35-40 pitches, FB/CH	35-40
	F	Flat ground bullpen 40-45 pitches, FB/CH	40-45
11	M	Flat ground bullpen 40-45 pitches, FB/CH/CB (6)	40-45
	W	Flat ground bullpen 40-45 pitches, FB/CH/CB (6)	40-45
	F	Flat ground bullpen 40-45 pitches, FB/CH/CB (6)	40-45
12	M	Sim Game 1 inning	20
	W	Sim Game 2 innings	25-30
	F	Sim Game 2 innings	25-30
		Progress into Game Setting, 1 Inning with 20 Max Pitch Count	20
		Progress into Game Setting, 2 innings with 30 Max Pitch Count	30
		Progress gradually as tolerated, All pitches	

Before each throwing session, warm up properly:

- Thrower's 10 program
- 10-15 minutes of light jog or bike
- Wear long sleeves, stay warm during cooler weather

After each session, cool down

- 5-10 minutes of light jog or bike
- Ice elbow and shoulder for 15 minutes

This program is a guide - the distances and number of throws may be adjusted as needed

Progress to each step after completing the preceding step entirely with the following restrictions:

1. If you do not have any soreness, advance to the next step
1. If you develop soreness during warm ups but it goes away, repeat the previous workout.
2. If the soreness doesn't go away after warm ups, stop, take 2 days off and repeat the previous workout
3. If you are sore for more than 1 hour after throwing or the next day, take 1 day off and repeat the previous workout
4. If the soreness persists, notify Dr. Khalfayan, your Athletic Trainer or Physical Therapist.