

## Medial collateral Reconstruction of the Elbow:

### Postoperative protocol

10-14 days: Elbow ROM without stress. No lifting

4-6 Weeks: Muscle Strengthening of the Hand , Wrist and Forearm. ( Flexion, extension, Pronation, Supination)

6 Weeks: Elbow strengthening exercises with no valgus (throwing) stress for 4 months.

3-4months: Toss ball without windup for 30-4- feet, 2-3 times per week for 10-15 minutes per session

5 months: Throws to 60 feet

6 months: Can start throws with easy windup. Exercises and throwing on alternate days with ice after workout.

7 months: Work up to half speed throws. With durations 25-30 minutes.

8-9 months: Can start pitching from the mound with 75% velocity

After 7 months: Work on throwing mechanics

12 Months: Return to competition