

Date: YYYY/MM/DD
Patient: _____
OHIP#: _____
DOB: _____
MRN: _____

Procedure: Ulnar collateral ligament reconstruction

Rx:

0-10 Days	Immobilization
10 Days – 6 Weeks	Gentle active motion of the hand, wrist, elbow, shoulder
6 Weeks- 3 Months	Stretching and isometric strengthening of the hand, wrist, elbow, shoulder. Rotator cuff exercises performed isotonicly.
3 Months	Toss a ball 30 feet, 3 times a week, for 10 minutes (No wind-up)
4 Months	Toss a ball 40 feet, 3 times a week, for 10 minutes (No wind-up)
5 Months	Toss a ball 50 feet, 3 times a week for 10 minutes (No wind-up)
6 Months	Toss a ball 60 feet with easy wind-up
7 Months	General, unrestricted stretching and strengthening program for entire upper extremity
9 Months	70 percent of maximum velocity for 25-30 minutes
1 Year	Full throwing

Best regards,



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SHOULDER AND ELBOW

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