

TMI Sports Medicine Position Players UCL with Internal Brace

If you want to throw hard and throw accurately you must throw hard and throw repeatedly. However, your shoulder and arm must have time to gradually adapt to the throwing you will do. Progressing too rapidly in the throwing program will DELAY your recovery and return to sport.

Always pay careful attention to your throwing motion and mechanics:

- Use a gathering step to initiate your throwing motion on all "long toss" throws,
- Use four-seam grip to allow better view of ball rotation,
- Stay on top of the ball and throw over the top,
- Keep your elbow at or above shoulder level,
- Avoid trunk extension or shoulder dip causing high arc on throws,
- Use your legs and follow through with your arm and trunk.
- Emphasize your follow through during early phases of the throwing program to promote good habits.

Throw on line but throw with sub-maximal effort and throw within your comfort level. Throw to the target and not through the target. If you cannot throw on line at a given distance, do not lob the ball in an attempt to move to the next level. Example: At 90 feet, the arc or the path of the ball should not carry the ball higher than approximately ten feet.

Throwing with a qualified coach or pitching instructor will improve your ability to progress in the throwing program. Videotape your throwing workout at least once a week to analyze your throwing motion / mechanics and your progress.

You must meet the following criteria to move to the next level:

- No pain or stiffness while throwing,
- No pain or stiffness after throwing (mild muscle soreness acceptable),
- Submaximal and fundamentally sound throwing motion / mechanics,
- Good throwing accuracy throughout the current level,
- Throws are consistently on line,
- Good Strength throughout the current level with little fatigue.

Continue your upper trunk, scapula and rotator cuff rehabilitation program throughout the throwing program.

The throwing program is a **guide** that should be ***adapted or modified*** to meet your individual progress and problems. **Anticipate throwing every other day for three days at each throwing level.** However, if you are having any problems at a given level, remain at that level or return to the previous level until the problem resolves. Do not hesitate to take an extra day(s) off if you are having problems. Notify your physician or rehabilitation specialist if your problem does not resolve.

Rehab and shoulder exercise should now only be performed on the specified throwing days. Recovery is an integral part of a successful throwing program. We will use the off days as recovery for the shoulder and arm. It is ok to use light tubing or a cuff program as a daily warm-up but it should not be used as a strengthening exercise on off throwing days. Please take advantage of the non-throwing days to train balance, proprioception, core and the lower body.

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WEEKS 1-6	WEEK 2	WEEK 2-3	WEEK 4	WEEK 5
Restore full ROM initiate grip strength	initiate isometric shoulder program and scapular stabilization program	initiate cardio work when wounds are closed, initiate lower body work using no upper extremity (body weight circuits, abdominal work (no upper extremity)	D/C Brace (unless modified by Surgeon) and initiate progressive isotonic shoulder program with no valgus stress	initiate light forearm strengthening (manual resistance for control), initiate PRI program
WEEK 6	WEEK 7	WEEK 8	WEEK 10	WEEK 11
continue with progressive lower body, cardio, core and arm care, addition of forearm dumbbells and rice	initiate low-level upper body workouts (tubing program)	initiate weight room program for both upper and lower body	Initiate 2 hand plyometric work	initiate 1 hand plyometrics, initiate body blade work, add ¼ wall dribbles and decel tosses

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12 Weeks Post-op
Week 1 Throwing (60 ft. phase)

Day 1	15 throws at 45-60 ft 10 throws at 60 ft 10 throws at 45 ft
Day 2	No Throwing
Day 3	15 throws at 45-60 ft 15 throws at 60 ft 10 throws at 45 ft
Day 4	No Throwing
Day 5	15 throws at 45-60 ft 20 throws at 60 ft 10 throws at 45 ft
Day 6/7	No Throwing

13 Weeks Post-op
Week 2 Throwing (60 ft. phase)

Day 1	15 throws at 45-60ft 20 throws at 60 ft 10 throws at 45 ft
Day 2	No Throwing
Day 3	15 throws at 45-60ft 25 throws at 60 ft 10 throws at 45 ft.
Day 4	No Throwing
Day 5	20 throws at 45-60 ft 25 throws at 60 ft 10 throws at 45 ft
Day 6/7	No Throwing

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14 Weeks Post-op
Week 3 Throwing (60-75 ft. phase)

Day 1	20 throws at 45-60 ft 30 throws at 60 ft 10 throws at 45 ft
Day 2	No Throwing
Day 3	20 throws at 45-60 ft 30 throws at 60 ft 10 throws at 45 ft
Day 4	No Throwing
Day 5	10 throws at 45 ft 10 throws at 60 ft 10 throws at 75 ft 10 throws at 45-60 ft
Day 6/7	No Throwing

15 Weeks Post-op
Week 4 Throwing (75 ft. phase)

Day 1	10 throws at 45 ft 10 throws at 60 ft 15 throws at 75 ft 10 throws at 45-60 ft
Day 2	No Throwing
Day 3	10 throws at 45 ft 10 throws at 60 ft 20 throws at 75 ft 10 throws at 60 ft
Day 4	No Throwing
Day 5	20 throws 45-60 ft 20 throws at 75 ft 10 throws 60 ft
Day 6/7	No Throwing

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16 Weeks Post-op
Week 5 Throwing (75-90 ft. phase)

Day 1	15 throws 45-60 ft 25 throws at 75 ft 5 throws at 80-85 ft 10 throws at 60-45 ft
Day 2	No Throwing
Day 3	10 throws at 45- 60 ft 10 throws at 75 ft 5 throws 80-85 ft 10 throws at 90 ft 10 throws at 60 ft
Day 4	No Throwing
Day 5	10 throws at 45-60 ft 15 throws at 75-85 ft 15 throws at 90 ft 10 throws at 60 ft
Day 6/7	No Throwing

17 Weeks Post-op
Week 6 Throwing (90 ft. phase)

Day 1	10 throws 45-60 ft 20 throws at 75-85 ft 15 throws at 90 ft 10 throws at 60 ft
Day 2	No Throwing
Day 3	10 throws 45-60 ft 20 throws at 75-85 ft 20 throws at 90 ft 10 throws at 60 ft
Day 4	No Throwing
Day 5	10 throws 45-60 ft 15 throws at 75-85 ft 25 throws at 90 ft 10 throws at 60 ft
Day 6/7	No Throwing

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18 Weeks Post-op
Week 7 Throwing (90-105 ft. phase)

Day 1	10 throws 45-60 ft 15 throws at 75-85 ft 25 throws at 90 ft 10 throws at 60 ft
Day 2	No Throwing
Day 3	10 throws 45-60 ft 15 throws at 75-85 ft 30 throws at 90 ft 10 throws at 60 ft
Day 4	No Throwing
Day 5	10 throws 45-60 ft 10 throws at 75-85 ft 15 throws at 90-105 ft 10 throws at 105 ft 10 throws at 60 ft
Day 6/7	No Throwing

19 Weeks Post-op
Week 8 Throwing (105 ft. phase)

Day 1	10 throws 45-60 ft 10 throws at 75-85 ft 15 throws at 90-105 ft 15 throws at 105 ft 10 throws at 60 ft
Day 2	No Throwing
Day 3	10 throws 45-60 ft 10 throws at 75-85 ft 15 throws at 90-105 ft 15 throws at 105 ft 10 throws at 60 ft
Day 4	No Throwing
Day 5	10 throws 45-60 ft 10 throws at 75-85 ft 15 throws at 90-105 ft 20 throws at 105 ft 10 throws at 60 ft
Day 6/7	No Throwing

20 Weeks Post-op

Week 9 Throwing (120 ft. phase)+ Intro to daily throwing

Day 1	10 throws at 45-60 ft 15 throws at 75-105 ft 10 throws at 105-120 ft 10 throws at 60 ft
Day 2	10 min Light catch to 60 ft
Day 3	10 throws at 45-60 ft 15 throws at 75-120 ft 10 throws 120 ft 15 throws 90-60 ft (working back in)
Day 4	10 min Light catch to 60 ft
Day 5	10 throws at 45-60 ft 20 throws at 75-120 ft 10 throws 120 ft 15 throws 90-60 ft (working back in)
Day 6	10 min Light catch to 60 ft
Day 7	No throwing

21 Weeks Post-op

Week 10 Throwing (120 ft. phase)

Day 1	30 throws 60-120 ft 20 throws at 120 ft 10 throws 90-60 ft (working back in)
Day 2	10 min Light catch to 75 ft
Day 3	30 throws 60-20 ft 20 throws at 120 ft 10 throws 90-60 ft (working back in)
Day 4	10 min Light catch to 75 ft
Day 5	30 throws 60-120 ft 25 throws at 120 ft 10 throws 90-60 ft (working back in)
Day 6	No throwing
Day 7	No throwing

22 Weeks Post-op

Week 11 Throwing (135 ft. phase)

Day 1	30 throws at 60-120 ft 25 throws at 120 ft 10 throws at 90-60 ft (working back in)
Day 2	10 min Light catch to 60 ft
Day 3	25 throws at 60-120 ft 10 throws at 120-135 ft 5 throws 135 ft 10 throws 90-60 ft (working back in)
Day 4	10 min Light catch to 60 ft
Day 5	25 throws at 60-120 ft 10 throws at 120-135 ft 5 throws 135 ft 10 throws 90-60 ft (working back in)
Day 6	No throwing
Day 7	No throwing

23 Weeks Post-op

Week 12 Throwing (150 ft. phase)

Day 1	25 throws at 60-120 ft 10 throws at 120-150ft 3 throws at 150ft 10 throws 90-60ft (working back in)
Day 2	10 min Light catch to 75 ft
Day 3	25 throws 60-120 ft 10 throws at 120-150ft 5 throws 150 ft 10 throws 90-60ft (working back in)
Day 4	10 min Light catch to 75 ft
Day 5	25 throws 60-120 ft 10 throws at 120-150ft 5 throws 150ft 10 throws 90-60ft (working back in)
Day 6	10 min Light catch to 75 ft
Day 7	No throwing

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24 Weeks Post-op
Week 13 Throwing (165 ft. phase)

Day 1	25 throws at 60-135 ft 10 throws at 135-165 ft 3 throws at 165 ft 10 throws at 90-60 ft (working back in)
Day 2	10 min Light catch to 60 ft
Day 3	25 throws at 60-135 ft 10 throws at 135-165 ft 5 throws 165 ft 10 throws 90-60 ft (working back in)
Day 4	10 min Light catch to 60 ft
Day 5	25 throws at 60-120 ft 10 throws at 135-165 ft 5 throws 165 ft 10 throws 90-60 ft (working back in)
Day 6	No throwing
Day 7	No throwing

25 Weeks Post-op
Week 14 Throwing (180 ft. phase)

Day 1	25 throws at 60-135 ft 10 throws at 135-180ft 3 throws at 180ft 10 throws 90-60ft (working back in)
Day 2	10 min Light catch to 75 ft
Day 3	25 throws 60-135 ft 10 throws at 135-180 ft 3 throws 180 ft 10 throws 90-60ft (working back in)
Day 4	10 min Light catch to 75 ft
Day 5	25 throws 60-135 ft 10 throws at 135-180ft 3 throws 180ft 10 throws 90ft-60ft (working back in)
Day 6	10 min Light catch to 75 ft
Day 7	No throwing