

Rehabilitation program following Tommy John procedure.

Postoperative Phase 1: Weeks 1–4	
Goals	<ul style="list-style-type: none"> <li>• Promote healing: reduce pain, inflammation, and swelling</li> <li>• Begin to restore range of motion to 30–90°</li> <li>• Independent home exercise program</li> </ul>
Precautions	<ul style="list-style-type: none"> <li>• Brace should be worn at all times</li> <li>• No passive range of motion of the elbow</li> </ul>
Treatment strategies	<ul style="list-style-type: none"> <li>• Brace set at 30° to 90° of flexion</li> <li>• Elbow, active range of motion in brace</li> <li>• Wrist, active range of motion</li> <li>• Scapula isometrics</li> <li>• Gripping exercises</li> <li>• Cryotherapy</li> <li>• Home exercise program</li> </ul>
Criteria for advancement	<ul style="list-style-type: none"> <li>• Elbow, range of motion: 30°–90°</li> <li>• Minimal pain or swelling</li> </ul>
Postoperative Phase 2: Weeks 4–6	
Goals	<ul style="list-style-type: none"> <li>• Range of motion: 15°–115°</li> <li>• Minimal pain and swelling</li> </ul>
Precautions	<ul style="list-style-type: none"> <li>• Continue to wear brace at all times</li> <li>• Avoid passive range of motion</li> <li>• Avoid valgus stress</li> </ul>
Treatment strategies	<ul style="list-style-type: none"> <li>• Continue active range of motion in brace</li> <li>• Begin pain-free isometrics in brace (deltoid, wrist flexion/extension, elbow flexion/extension)</li> <li>• Manual scapula stabilization exercises with proximal resistance</li> <li>• Modalities as needed</li> <li>• Modify home exercise program</li> </ul>
Criteria for advancement	<ul style="list-style-type: none"> <li>• Range of motion: 15°–115°</li> <li>• Minimal pain and swelling</li> </ul>
Postoperative Phase 3: Weeks 6–12	
Goals	<ul style="list-style-type: none"> <li>• Restore full range of motion</li> <li>• All upper extremity strength: 5/5</li> <li>• Begin to restore upper extremity endurance</li> </ul>
Precautions	<ul style="list-style-type: none"> <li>• Minimize valgus stress</li> <li>• Avoid passive range of motion by the clinician</li> <li>• Avoid pain with therapeutic exercise</li> </ul>
Treatment strategies	<ul style="list-style-type: none"> <li>• Continue active range of motion</li> <li>• Low-intensity/long-duration stretch for extension</li> <li>• Isotonics for scapula, shoulder, elbow, forearm, wrist</li> </ul>

	<ul style="list-style-type: none"> <li>• Begin internal/external rotation strengthening at 8 weeks</li> <li>• Begin forearm pronation/supination strengthening at 8 weeks</li> <li>• Upper body ergometer (if adequate range of motion)</li> <li>• Neuromuscular drills</li> <li>• Proprioceptive neuromuscular facilitation patterns when strength is adequate</li> <li>• Incorporate eccentric training when strength is adequate</li> <li>• Modalities as needed</li> <li>• Modify home exercise program</li> </ul>
Criteria for advancement	<ul style="list-style-type: none"> <li>• Pain-free</li> <li>• Full elbow range of motion</li> <li>• All upper extremity strength 5/5</li> </ul>
Postoperative Phase 4: Weeks 12–16	
Goals	<ul style="list-style-type: none"> <li>• Restore full strength and flexibility</li> <li>• Restore normal neuromuscular function</li> <li>• Prepare for return to activity</li> </ul>
Precautions	<ul style="list-style-type: none"> <li>• Pain-free plyometrics</li> </ul>
Treatment strategies	<ul style="list-style-type: none"> <li>• Advance internal/external to 90/90 position</li> <li>• Full upper extremity flexibility program</li> <li>• Neuromuscular drills</li> <li>• Plyometric program</li> <li>• Continue endurance training</li> <li>• Address trunk and lower extremities</li> <li>• Modify home exercise program</li> </ul>
Criteria for advancement	<ul style="list-style-type: none"> <li>• Complete plyometrics program without symptoms</li> <li>• Normal upper extremity flexibility</li> </ul>
Postoperative Phase 5: Months 4–9	
Goals	<ul style="list-style-type: none"> <li>• Return to activity</li> <li>• Prevent reinjury</li> </ul>
Precautions	<ul style="list-style-type: none"> <li>• Significant pain with throwing or hitting</li> <li>• Avoid loss of strength or flexibility</li> </ul>
Treatment strategies	<ul style="list-style-type: none"> <li>• Begin interval throwing program at 4 months</li> <li>• Begin hitting program at 5 months</li> <li>• Continue flexibility exercises</li> <li>• Continue strengthening program (incorporate training principles)</li> </ul>
Criteria for discharge	<ul style="list-style-type: none"> <li>• Pain-free</li> <li>• Independent home exercise program</li> <li>• Independent throwing/hitting program</li> </ul>