



UNDERSTANDING YOUR SURGERY

UCL Reconstruction

Overview

The UCL stabilises the inner side of your elbow and is vital for throwing. When it tears, this operation — often called 'Tommy John surgery' — rebuilds it with a tendon graft, restoring stability and throwing power.

About Your Procedure

Why this surgery is recommended

- Inner elbow instability, common in throwing athletes
- Pain or loss of power and control when throwing
- Cricket, baseball, javelin and similar overhead sports

What happens during surgery

- A small incision on the inner side of the elbow
- A tendon graft passed through small bone tunnels and secured
- The ulnar nerve nearby is carefully protected
- General anaesthetic; usually a day procedure

After Your Surgery

- Sling for comfort only — weaned from **Day 10**
- Elbow movement begins from **Day 10**, done lying down
- No throwing-type strain on the elbow for **16 weeks**
- Tell your surgeon about any tingling in the ring or little finger
- No driving for **6 weeks** after surgery

Important precautions:

- No throwing simulations or wide-hand push-ups for 16 weeks
- Return to competitive throwing or pitching: minimum 12 months
- Tingling in the ring or little finger may mean nerve irritation — report it
- Sharp inner elbow pain when throwing — stop immediately and call the rooms

Your Recovery at a Glance

WEEKS 0–3

Sling. Movement lying down.
Grip and wrist work

WEEKS 3–8

Progressive motion. Forearm
and grip strengthening

WEEKS 8–16

Elbow and shoulder
strengthening

MONTHS 4–12+

Throwing programme.
Competitive return: min 12
months

QUESTIONS YOU MAY WISH TO ASK

- ? What does my recovery look like for my job or sport?
- ? What are the main risks, and how likely are they for me?
- ? What pain relief will I need, and for how long?
- ? When can I return to work, and is travel safe early on?

MY NOTES
