

## **Ulnar Collateral Ligament Injury**

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Ulnar collateral ligament injury can be a devastating injury for the overhead throwing athlete. These injuries occur secondary to the repetitive stress of the throwing motion. Repair of this ligament was first performed by my mentor Dr. Frank Jobe on a pitcher from the Los Angeles Dodgers, Tommy John. The surgery has been known since then as a Tommy John reconstruction. The procedure entails the utilization of a tendon from the forearm or the knee to recreate the torn ligament on the medial side of the elbow. Recovery from this surgery typically takes one year prior to return to pitching.