

Conservative Treatment Following Ulnar Collateral Sprains of the Elbow

I. Immediate Motion Phase (weeks 0 through 2)

- Goals:
- Increase range of motion
 - Promote healing of ulnar collateral ligament
 - Retard muscular atrophy
 - Decrease pain and inflammation
1. ROM:
- Brace (optional) nonpainful ROM [20-90 degrees]
 - AAROM, PROM elbow and wrist (nonpainful range)
2. Exercises:
- Isometrics - wrist and elbow musculature
 - Shoulder strengthening (no ext rotation strengthening)
3. Ice and compression

II. Intermediate Phase (weeks 3 through 6)

- Goals:
- Increase range of motion
 - Improve strength/endurance
 - Decrease pain and inflammation
 - Promote stability
1. ROM:
- Gradually increase motion 00 to 135" (increase 100 per week)
2. Exercises:
- Initiate Isotonic Exercises wrist curls wrist extensions pronation/supination biceps/triceps dumbbells: external rotation, deltoid, supraspinatus, rhomboids, internal rotation
3. Ice and Compression

III. Advanced Phase (weeks 6 and 7 through 12 and 14)

- Criteria to Progress
1. Full range of motion
 2. No pain or tenderness
 3. No increase in laxity
 4. Strength 4/5 of elbow flexor/extensor
- Goals:
- Increase strength, power and endurance
 - Improve neuromuscular control
 - Initiate high speed exercise drills
1. Exercises:
- Initiate exercise tubing,
 - shoulder program:
 - Throwers ten program
 - Biceps/triceps program
 - Supination/pronation Wrist extension/flexion
 - Plyometrics throwing drills

IV. Return to Activity Phase (week 12 through 14)

Criteria to Progress to Return to Throwing:

1. Full nonpainful ROM
2. No Increase in laxity
3. Isokinetic test **fulfills** criteria
4. Satisfactory clinical exam

1. Exercises:

Initiate interval throwing
Continue throwers ten program
Continue plyometrics;