

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
 - Exercises:
 - Initiate interval throwing
 - Continue throwers ten program
 - Continue plyometrics