

Conservative Treatment Following Ulnar Collateral Sprains of the Elbow

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) non-painful ROM [20-90 degrees]
AAROM, PROM elbow and wrist (non-painful range)

2. Exercises:

- Isometrics - wrist and elbow musculature
- Shoulder strengthening (no ext rotation strengthening)

3. Ice and compression

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

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

Criteria to Progress

- Full range of motion
- No pain or tenderness
- No increase in laxity
- Strength 4/5 of elbow flexor/extensor

Goals:

- Increase strength, power and endurance
- Improve neuromuscular control
- Initiate high speed exercise drills

Exercises:

Initiate exercise tubing, shoulder program:

- Throwers ten program
- Biceps/triceps program
- Supination/pronation
- Wrist extension/flexion
- Plyometrics throwing drills

Return to Activity Phase (week 12 through 14)

Criteria to Progress to Return to Throwing:

1. Full non-painful 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;