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) 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

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 non-painful 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;