

Non-Operative Ulnar Collateral Sprains of the Elbow in Throwers (Accelerated)

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. Absolute control of valgus forces for __ weeks (physician discussion)

2. ROM:

- Brace (optional) nonpainful ROM [20-90 degrees]
- AAROM, PROM elbow and wrist (nonpainful range)
- Shoulder ROM, especially internal rotation and horizontal adduction

3. Exercises:

- Isometrics - wrist and elbow musculature
- Shoulder strengthening (Throwers' Ten Program)
- Initiate rhythmic stabilization of elbow

4. 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 0 to 135° (increase 10° per week)

2. Exercises:

- Continue Throwers' Ten Program
- Initiate manual resistance of elbow/wrist flexor/pronator
- Emphasize wrist flexor/pronator strengthening
- Initiate rhythmic stabilization drills for elbow

3. Ice and Compression

4. No throwing motion or valgus stress

Week 6-8

1. -Initiate isotonic strengthening
2. Plyometrics week 6- 2 hands

**III. Advanced
Phase (weeks 8-12)**

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:

- Throwers' Ten Program
- Biceps/triceps program
- Supination/pronation wrist
- Extension/flexion
- Plyometrics throwing drills
- 2 hand drills at week 6-8
- single arm plyos at week 8-12

IV. Return to Activity Phase (week 12)

***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
- 5) No pain on valgus stress test

1. Exercises:

- Initiate interval throwing – monitor signs and symptoms
- Continue
throwers ten
program
- Continue plyometrics
- Continue rhythmic stabilization drills