

Palmetto Health USC

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CONSERVATIVE TREATMENT FOLLOWING ULNAR COLLATERAL SPRAINS OF THE ELBOW

I. Immediate Motion Phase

Goals:

Increase Range of Motion
Promote Healing of Ulnar Collateral Ligament
Retard Muscular Atrophy
Decrease Pain and Inflammation

1. **Range of motion:**
 - * Brace (optional) non-painful RANGE OF MOTION (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

Goals:

Increase Range of Motion
Improve Strength/Endurance
Decrease Pain and Inflammation
Promote Stability

1. **Range of motion:**
 - * Gradually increase motion 0-135 degrees (increase 10 degrees 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

Criteria to Progress:

1. Full Range of Motion
2. No Pain or Tenderness
3. No Increase in Laxity
4. Strength 4/5 of Elbow Flex/Extensors

Goals:

Increase strength, power and endurance
Improve neuromuscular control

1. Exercises:

- * Initiate exercise tubing, shoulder program:
 - Throwers Ten Program
 - Biceps/Triceps Program
 - Supination/Pronation
 - Wrist Extension/Flexion

IV. Return to Activity Phase

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