



## **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
1. Exercises:

Initiate interval throwing  
Continue throwers ten program  
Continue plyometrics;