

Non-Operative Treatment Following 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

Absolute control of valgus forces for ___ weeks (physician discussion)

ROM:

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

Exercises:

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

Ice and compression

II. Intermediate Phase (weeks 3 through 6)

- Goals:
- Increase range of motion
 - Improve strength/endurance
 - Decrease pain and inflammation
 - Promote stability

ROM:

Gradually increase motion 0 to 135" (increase 10° per week)

Exercises:

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

Ice and Compression

No throwing motion or valgus stress

III. Week 6-8

- Initiate isotonic strengthening
- 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

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

Exercises:

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