

## Non-Operative Treatment Following Ulnar Collateral Sprains of the Elbow in Throwers

### 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 10)**

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

#### **ROM:**

Gradually increase motion 00 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

#### **Week 10-12**

Initiate isotonic strengthening  
Plyometrics week 10- 2 hands

### III. **Advanced Phase (weeks 12-16)**

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 10-12  
single arm plyos at week 12-14

**IV. Return to Activity Phase (week 12 through 16)**

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