

## UCL PRP Injection Rehabilitation Program

### Weeks 1-2:

- No aggressive strengthening, no strenuous activity, gentle PROM only.
- Avoid all valgus stressing activities/exercises 4 weeks
- Modalities (Heat 1st 24-48 hrs), Laser, Electrical Stimulation
- Range of Motion exercises: passive & active assisted ROM (elbow, wrist, shoulder)
- Shoulder Isometric strengthening:
  - Shoulder ER/IR
  - Shoulder abduction
- Scapular neuromuscular control exercises (manual)
- Soft tissue techniques to medial elbow

### Week 2:

- Initiate AROM exercise elbow flexion, extension and wrist
- Continue shoulder ROM & stretching
- Continue isometrics

### Week 3-4:

- Initiate elbow, wrist, and hand isotonic strengthening exercises
- Initiate shoulder isotonic strengthening
- Initiate Thrower's Ten Program (avoid valgus stress on elbow)
- Scapular strengthening
- Emphasize wrist flexor/pronator strengthening
- Continue stretching & ROM exercises
- Continue soft tissue techniques
- Continue modalities: laser, heat, electrical stim

### Week 5:

- Initiate Advanced Thrower's Ten Program
- Scapular & core strengthening
- Continue stretching & ROM exercises
- Continue modalities & soft tissue

### Week 6-7:

- Initiate 2 hand plyometric throws (week 6)
- Continue advanced thrower's ten program
- Scapular strengthening program
- Continue ROM & stretching program
- Modalities as needed
- Initiate 1 hand plyometrics (week 7)
  - Into plyoback
  - Into wall plyos
- May initiate simulated throwing motion (towel throws, mirror throwing)

### Week 8-9:

- Continue all exercises listed above

### Week 10-12:

- Initiate interval throwing program (phase I program – long toss program)
  - Criteria to Initiate Interval Throwing Program
    - Satisfactory clinical exam
    - Full non painful ROM

- No pain valgus stress test
- Strength (shoulder, elbow, wrist) all excellent
- Completed a plyometric program
- Continue all exercises listed above
- Utilize thrower's ten program
- Continue all stretching exercises
- Initiate hitting program if appropriate

**Week 14-16:**

- Initiate Interval Throwing program (phase II, if appropriate)
  - Progress throwing based on specific criteria and symptoms
- Progress all exercises listed above
- Return to competition once ITP is complete