



## 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

**1. Absolute control of valgus forces for \_\_ weeks** (physician discussion)

**2. ROM:**

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

**3. Exercises:**

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

**4. Ice and compression**

### II. Intermediate Phase (weeks 3 through 10)

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

**1. ROM:** Gradually increase motion 00 to 135" (increase 10° per week)

**2. Exercises:**

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

**3. Ice and Compression**

**4. No throwing motion or valgus stress**

#### Week 10-12

1. Initiate isotonic strengthening
2. 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

**1. 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

**1. Exercises:**

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