

Conservative Treatment Following Ulnar Collateral Sprains of the Elbow

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery : _____



IMMEDIATE MOTION PHASE

- Goals:

- Increase ROM
- Promote healing of ulnar collateral ligament
- Decrease pain and inflammation
- Retard muscle atrophy

- Range of Motion Exercises

- Hinged elbow brace non-painful ROM (20-90°) x 10 days (optional –physician’s discretion)
- AAROM, PROM elbow and wrist (non-painful range)
- Shutdown period for throwing 4-6 weeks

- Exercises

- Isometrics –wrist and elbow musculature
- Shoulder strengthening (no external rotation strengthening)
- Ice and compression



INTERMEDIATE PHASE (Week 3-4)

- Goals

- Increase ROM
- Improve strength/endurance
- Decrease pain and inflammation
- Promote stability

- Range of Motion

- Gradually increase motion 0-135° (increase 10° per week)

- Exercises

- Initiate isotonic exercises
 - Wrist curls

- Wrist extensions
- Pronation/supination
- Biceps/triceps
- Dumbbells: external rotation, deltoid, supraspinatus, rhomboids, internal rotation
- Ice and compression

**FINAL PHASE (Week 5-6)**

- Initiate interval throwing program

Comments:**Frequency:** ____ **times per week****Duration:** _____ **weeks****Signature:** _____**Date:** _____