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