
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