TROPICAL
MEDICAL GROUP

Dx: ☐ Right ☐ Left

Patient Name: _____

Date of Surgery: _____

PT/OT: Evaluate and treat. Follow the following protocol.

Signature/Date: _____

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Conservative Treatment Following Ulnar Collateral Sprains of the Elbow

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. ROM:
   Brace (optional) non-painful ROM [20-90 degrees]
   AAROM, PROM elbow and wrist (non-painful range)
2. Exercises:
   Isometrics - wrist and elbow musculature
   Shoulder strengthening (no ext rotation strengthening)
3. Ice and compression

II. Intermediate Phase (weeks 3 through 6)

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

1. ROM:
   Gradually increase motion 00 to 135" (increase 100 per week)
2. Exercises:
   Initiate Isotonic Exercises wrist curls wrist extensions pronation/supination biceps/triceps dumbbells: external rotation, deltoid, supraspinatus, rhomboids, internal rotation
3. Ice and Compression

III. Advanced Phase (weeks 6 and 7 through 12 and 14)

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:
   Initiate exercise tubing,
   shoulder program: Throwers
   ten program Biceps/triceps
   program
   Supination/pronation Wrist
   extension/flexion Plyometrics
   throwing drills

IV. Return to Activity Phase (week 12 through 14)

Criteria to Progress to Return to Throwing:

1. Full non-painful ROM
2. No Increase in laxity
3. Isokinetic test **fulfills** criteria
4. Satisfactory clinical exam

1. Exercises:
   Initiate interval throwing
   Continue throwers ten program
   Continue plyometrics;