

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: _____