

Orthopaedic Sports Specialists, P.C.

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CONSERVATIVE 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

1. Absolute control of valgus forces for ___ weeks (physician discussion)

2. ROM:

- Brace (optional) nonpainful ROM [20-90 degrees]
- AAROM, PROM elbow and wrist (nonpainful range)
- Shoulder ROM, especially internal rotation and horizontal adduction

3. Exercises:

- Isometrics wrist and elbow musculature
- Shoulder strengthening (Throwers' Ten Program)
- Initiate rhythmic stabilization of elbow

4. Ice and compression

II. Intermediate Phase (weeks 3 through 10)

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

1. ROM:

- Gradually increase motion 00 to 135" (increase 10° per week)

2. Exercises:

- Continue Throwers' Ten Program
- Initiate manual resistance of elbow/wrist flexor/pronator
- Emphasize wrist flexor/pronator strengthening
- Initiate rhythmic stabilization drills for elbow

3. Ice and Compression

4. No throwing motion or valgus stress

III. Week 10-12

1. Initiate isotonic strengthening
2. 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

1. 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

1. Exercises:

Initiate interval throwing – monitor signs and symptoms
Continue throwers ten program
Continue plyometrics
Continue rhythmic stabilization drills