

**Table 5: 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) nonpainful ROM [20-90 degrees]
AAROM, PROM elbow and wrist (nonpainful 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 10 degrees 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 nonpainful 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;