

## 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: \_\_\_\_\_