

Conservative Treatment Following Ulnar Collateral Sprains of the Elbow

IMMEDIATE MOTION PHASE

- **Goals:**
 - o Increase ROM
 - o Promote healing of ulnar collateral ligament
 - o Decrease pain and inflammation
 - o Retard muscle atrophy
- **Range of Motion Exercises**
 - o Hinged elbow brace non-painful ROM (20-90°) x 10 days (optional –physician’s discretion)
 - o AAROM, PROM elbow and wrist (non-painful range)
 - o Shutdown period for throwing 4-6 weeks
- **Exercises**
 - o Isometrics –wrist and elbow musculature
 - o Shoulder strengthening (no external rotation strengthening)
 - o Ice and compression

INTERMEDIATE PHASE (Week 3-4)

- **Goals**
 - o Increase ROM
 - o Improve strength/endurance
 - o Decrease pain and inflammation
 - o Promote stability
- **Range of Motion**
 - o Gradually increase motion 0-135° (increase 10° per week)
- **Exercises**
 - o 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**