

550 W Ogden Ave Hinsdale, IL Phone: (630) 323-6116 Fax: (630) 323-6169

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Conservative Treatment Following Ulnar Collateral Ligament Sprains Of the Elbow

Phase I Immediate Motion Phase

Post-Injury days 0 - 7

Goals

- 1. Increase ROM
- 2. Promote healing of ulnar collateral ligament
- 3. Retard muscular atrophy
- 4. Decrease pain and inflammation

Activities

- 5. Brace (optional per physician) non-painful ROM (20 \rightarrow 90 degrees)
- 6. AAROM, PROM elbow, wrist and shoulder (non-painful ROM and no shoulder ER stretching)
- 7. Initiate Isometrics wrist and elbow musculature, gripping exercises
- 8. Ice, compression
- 9. Initiate shoulder strengthening (no internal rotation)
 - 10. CAUTION: avoid stressing medial elbow

Phase II Intermediate Phase

Post-Injury Weeks 2 - 4

Goals

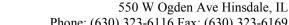
- 11. Increase ROM
- 12. Improve strength and endurance
- 13. Decrease pain and inflammation
- 14. Promote stability

Criteria to Progress to Phase II

- 1. No Swelling
- 2. Acute pain is diminished

Activities

- 15. ROM exercises gradual increase in motion ($0 \rightarrow 135$ degrees)
 - 16. 5 degrees of extension, 10 degrees of flexion per week
- 17. Initiate isotonic exercises
 - 18. wrist curls
 - 19. wrist extension
 - 20. pronation/supination



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21. biceps/triceps

- 3. Advance shoulder strengthening
 - external rotation
 - internal rotation (Week 3)
 - supraspinatus
 - scapular groups
- 4. Ice, compression

Phase III Advanced Strengthening phase

Post-Injury Weeks 5 - 6

Criteria to progress to Phase III

- 22. Full AROM
- 23. No pain or tenderness
- 24. No increase in laxity
- 25. Strength 4/5 in the elbow flexors/extensors

Goals

- 26. Increase strength, power, and endurance
- 27. Improve neuromuscular control
- 28. Prepare athlete for gradual return to functional activities
- 29. Prepare athlete to begin to throw

Activities

- 30. Initiate PNF diagonals
- 31. Initiate isokinetics
- 32. Initiate shoulder work at 90/90 shoulder work
- 33. Initiate plyometrics
 - 34. to include trunk rotation, and Plyoball with mini tramp

Phase IV Return to Activity Phase

7 - 10 Weeks post-injury

Criteria to progress to return to throwing

- 35. Full, non-painful ROM
- 36. No increase in laxity
 - 3. Satisfactory clinic exam, Physician's approval
 - 4. 2 successful weeks of pain-free plyometric / 90 90 shoulder work

Activities

- 1. Initiate Interval Throwing Program (ITP)
- 2. Continue plyometric progression as part of the pre throwing warm up
- 3. Initiate hitting progression program after successfully completing 90 foot phase of (ITP)



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4. Continue all exercises in Phase III

Throw and train on the same day
ITP first, followed by rehab exercises, then strength/conditioning program