

Non-Operative 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 6)

- Goals: Increase range of motion
- Improve strength/endurance
 - Decrease pain and inflammation
 - Promote stability
1. ROM:
 - Gradually increase motion 0 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. Advanced Phase (weeks 6-12)

- 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

1. Exercises:

- Throwers' Ten Program
- Biceps/triceps program
- Supination/pronation wrist
- Initiate isotonic strengthening
- Plyometrics begin week 6 - 2 hands, single arm plyos begin at week 8

IV. Return to Activity Phase (week 12)

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

Below is the throwing program from Dr. Parker. The only thing that changes with each step is the distance throwing. You will still do the same number of throws with the same rest time in between sets. Every day of throwing is followed by a day of rest from throwing. Only progress to the next step if he is not having any issues. If your elbow hurts, stop throwing until the pain is gone and then start the previous nonpainful step over again.

| DAY | DISTANCE | NUMBER OF THROWS | REST TIME | NUMBER OF THORWS |
|-----|----------|------------------|-----------|------------------|
| 1 | 40 | 20 | 5 minutes | 20 |
| 2 | REST | REST | REST | REST |
| 3 | 40 | 20 | 5 minutes | 20 |
| 4 | REST | REST | REST | REST |
| 5 | 60 | 20 | 5 minutes | 20 |
| 6 | REST | REST | REST | REST |
| 7 | 60 | 20 | 5 minutes | 20 |
| 8 | REST | REST | REST | REST |
| 9 | 90 | 20 | 5 minutes | 20 |
| 10 | REST | REST | REST | REST |
| 11 | 90 | 20 | 5 minutes | 20 |
| 12 | REST | REST | REST | REST |
| 13 | 120 | 20 | 5 minutes | 20 |
| 14 | REST | REST | REST | REST |
| 15 | 120 | 20 | 5 minutes | 20 |