

DR. SAFRAN'S
**NON-OPERATIVE REHABILITATION PROGRAM FOR
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°]
AAROM, PROM elbow and wrist (non-painful 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 0° to 135° (increase 10° 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 non-painful 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