

Elbow UCL

Physical Therapy Non-op Protocol

Phase I, Week 1

Primary Goals: increase ROM, allow ligament to heal, decrease pain

- Brace (optional) - non-painful ROM (20-90 degrees)
AAROM, PROM elbow, wrist and shoulder (non-painful ROM and no shoulder ER stretching)
Initiate Isometrics - wrist and elbow musculature, gripping exercises
- Ice, compression
- Initiate shoulder strengthening (**no internal rotation**) - CAUTION: avoid stressing medial elbow

Phase II, Weeks 2 - 4

Primary Goals: Increase ROM, allow ligament to heal, improve strength and lower extremity conditioning

- ROM exercises - gradual increase in motion (0-135 degrees) 5 degrees of extension
- Initiate isotonic exercises • wrist curls
 - wrist extension
 - pronation/supination • biceps/triceps
- Advance shoulder strengthening • external rotation
 - internal rotation (Week 3)
 - supraspinatus
- Lower body and core work, hip flexibility
- Ice, compression

Phase III, Weeks 5 – 6

Primary Goals: advance strengthening, improve neuromuscular control, prepare for throwing program and sport-specific drills

Criteria to progress to this phase: Full AROM, no pain or tenderness, no increase in laxity, strength 4/5 in the elbow flexors/extensors

- Initiate PNF
- Initiate isokinetics
- Initiate Thrower's Ten to include 90/90 shoulder work

- Initiate plyometrics
 - include trunk rotation, and Plyoball with mini tramp

Phase IV, Weeks 7-10

Primary goals: Return to Throwing program

Criteria to progress to return to throwing: Full and painless ROM, Isokinetic testing showing strength within 10% of other elbow, successful and pain free elbow during 90-90 shoulder work, Physician approval

- Initiate Interval Throwing Program (ITP)
6-8 weeks post-injury (check date on which week to throw)
- Continue Thrower's Ten program 3. Continue plyometric progression
- Initiate hitting progression program after successfully completing 90 foot phase of (ITP)
- Continue all exercises in Phase III
 - Throw and train on the same day
 - ITP first, followed by rehab exercises, then strength/conditioning program
 - Lower extremity and ROM on opposite days
- Emphasize elbow and wrist strengthening and flexibility exercises
- Continue with strengthening program