

**CONSERVATIVE TREATMENT FOLLOWING
ULNAR COLLATERAL SPRAINS OF THE ELBOW**

I. Immediate Motion Phase

II.

Goals:

- *Increase range of motion*
- *Promote Healing of Ulnar Collateral Ligament*
- *Retard Muscular Atrophy*
- *Decrease Pain and Inflammation*

1. ROM:

- * Brace (optional) non-painful ROM (20-90 degrees)
- * 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

Goals:

- *Increase Range of motion*
- *Improve Strength/Endurance*
- *Decrease Pain and Inflammation*
- *Promote Stability.*

1. ROM:

- * Gradually increase motion 0-135 degrees (increase 10 degrees 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