

Orthopaedic Sports Specialists, P.C.

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CONSERVATIVE TREATMENT FOLLOWING ULNAR COLLATERAL SPRAINS OF THE ELBOW

I. Immediate Motion Phase

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