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REHAB PROTOCOL: Elbow UCL Injury- Non-op

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Phase I (No Throwing): Week 0-6 (Repeat another 6 weeks if pain still persists)

- Rest from throwing hard
- Hinged elbow brace non-painful ROM (20-90 deg) x 10 days (optional- surgeons discretion)
- Anti inflammatory medications prn
- Ice 20 minutes four times a day
- AROM and PROM exercises 4 times a day for elbow and forearm
- Strengthening program for wrist flexors and forearm pronators (isometrics)
- Core strengthening and lower extremity strengthening

Phase II: Intermediate Phase- Weeks 6-12

- Goals:
 - Increase ROM
 - Improve strength and endurance
 - Decrease pain and inflammation
 - Promote stability
- Gradually increase ROM to full (10 degrees per week)
- Initiate isotonic exercise
 - Wrist curls
 - Wrist extensions
 - Pronation/supination
 - Biceps/triceps
 - Dumbbells: external rotation, deltoid, supraspinatus, rhomboids, internal rotation

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- Ice compression

Phase III : 3-6 months

- Progress upper extremity strengthening program to all muscle groups
- **Return to throwing program starting at 3 months**
- Progress as tolerated depending on symptoms
- Core strengthening and lower extremity strengthening
- Return to competition is permitted when the following conditions are met:
 - Trunk, scapula, shoulder and arm muscle strength and balance have returned to normal
 - There is no pain while throwing
 - Throwing balance, rhythm, and coordination have been reestablished

Modalities

- ◇ Heat and Ice
- ◇ Ultrasound
- ◇ Iontophoresis
- ◇ Phonophoresis
- ◇ Therapists' discretion
- ◇ TENS
- ◇ Trigger point massage

Evaluation and others

- ◇ Teach home exercise program

Comments:

Frequency: 2 times per week

Duration: 12 weeks

Signature: _____

Date: _____