



Ulnar Collateral Ligament (UCL) Non-Operative Rehabilitation Protocol



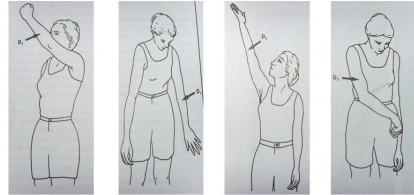
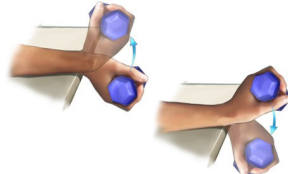
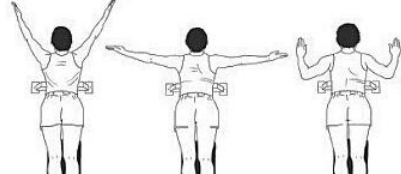
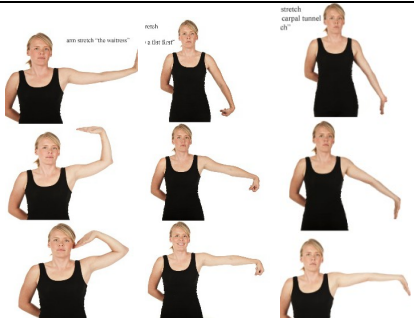

Stephanie A. Boden, MD

Sprains or Partial UCL Tears



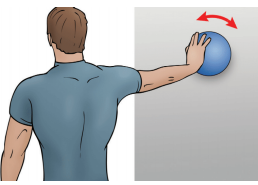

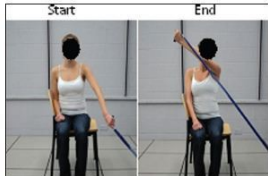
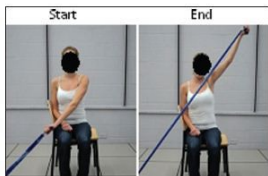

Hinged elbow brace for first 6 weeks to protect healing tissue. Restore ROM while wearing brace during this time.

Week 0-3	<p>NSAIDs, Ice, Compression, E-stim for pain modulation and inflammation</p> <p>ROM- Limit between 10-100° (pain free ROM)</p> <ul style="list-style-type: none">• Elbow PROM, AROM and AAROM in brace• Shoulder ROM<ul style="list-style-type: none">◦ NO ER stretching• Wrist flexion/extension <p>Strengthening</p> <ul style="list-style-type: none">• Lower extremity & core• Periscapular activation• Shoulder isometrics – NO IR strengthening to limit stress on medial elbow (load above elbow)• Wrist isometrics• Grip strengthening	
Week 3-4	<p>Use NSAIDs, Ice, Compression and E-stim as necessary for pain modulation</p> <p>Begin to increase elbow ROM 5-10° per week in brace within a pain free range (10-115°)</p> <ul style="list-style-type: none">• Active shoulder and elbow ROM (table slides)• Pronation/supination – no pain• Wrist stretching <p>Strengthening</p> <ul style="list-style-type: none">• Lower extremity, core, scapula control and stabilization	


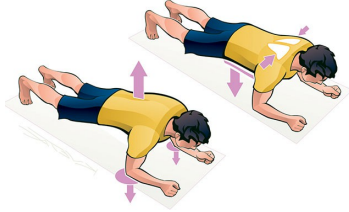
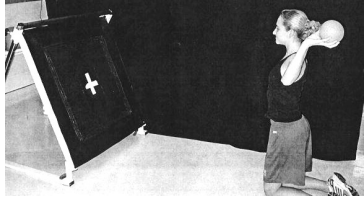
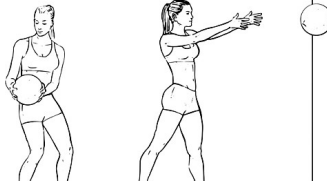


	<ul style="list-style-type: none"> Shoulder rotator cuff isometrics Isometric elbow and wrist flexion/extension Continue grip strength 	
Week 4-5	<p>Goal: Gradually continue increasing elbow ROM (5-125°)</p> <p>Stretching</p> <ul style="list-style-type: none"> Restore ulnar deviation Shoulder and wrist stretching Low-load, long-duration stretch into elbow extension with light resistance. <p>Strengthening (must resolve pain and inflammation prior to elbow strengthening)</p> <ul style="list-style-type: none"> Lower extremity, core and balance Scapular control with low level arm elevation Shoulder strengthening progression <ul style="list-style-type: none"> D1/D2 patterns Initiate isotonic exercises concentrically and eccentrically <ul style="list-style-type: none"> Wrist curls Pronation/supination Biceps/triceps <p>Shoulder rhythmic stabilization</p>	 <p>Sleeper Stretch</p>   
Week 5-6	<p>Goal: Achieve full ROM by end of week 6 (0°-135/145°)</p> <p>Full shoulder and elbow ROM</p> <p>Continue strengthening lower extremity, core and scapular muscles.</p> <p>Work on single leg balance</p> <p>Plyometrics</p> <ul style="list-style-type: none"> Two handed below chest plyoball toss Double and single leg balance 	 



<p>Week 6-7</p>	<p>Goal: Actively stressing the UCL</p> <p>Maintain ROM with continual stretching, no varus or valgus stress on the elbow</p> <p>Lower extremity and core strengthening</p> <p>Continue to work on balance</p> <p>Early Closed Kinetic Chain exercises against wall</p> <p>Scapular strengthening with longer lever arm</p> <ul style="list-style-type: none"> • Supine serratus anterior punches • Upright wall push up • Wall ball rolls 	  
<p>Week 7-8</p>	<p>Goal: Initiate Thrower's Ten Program</p> <p>Strengthening</p> <ul style="list-style-type: none"> • Lower extremity, core, and scapula • Shoulder advanced exercises <ul style="list-style-type: none"> ○ 90/90 activation ○ PNF - D1/D2 resistance • Wrist and forearm <p>Plyometrics</p> <ul style="list-style-type: none"> • Side toss seated with truck rotation • Continuous ball drops at 90° ABD for pronator mass endurance <p>Rhythmic stabilizations at 90/90</p>	  <p>Figure 1. D1 Flexion with Elastic Resistance.</p>  <p>Figure 2. D2 Flexion with Elastic Resistance.</p> 



Week 9-12	<p>Goal: Strengthen most muscle groups by week 12</p> <p>Strengthening</p> <ul style="list-style-type: none"> Continue to strengthen kinetic chain <ul style="list-style-type: none"> Core and scapula Elbow strengthening <ul style="list-style-type: none"> flexion/extension pronation/supination <p>PNF patterns with body blade</p> <p>Progressing CKC – elbow to hand push-ups</p> <p>Plyometrics</p> <ul style="list-style-type: none"> Plyoball with mini tramp <ul style="list-style-type: none"> Begin with two-hand plyos Progress to one-hand <ul style="list-style-type: none"> Start 0° abduction, progress to 90° over time Plyometric wall throws with trunk rotation <ul style="list-style-type: none"> Emphasize core control and strength 	   
CRITERIA FOR RETURN TO PLAY	<ul style="list-style-type: none"> Full pain free elbow ROM and strength <ul style="list-style-type: none"> Pronation (flexor pronator mass), supination, extension, and flexion Can demonstrate good throwing mechanics for particular sport 	
Week 12+	<p>Initiate Interval Throwing Program</p> <p>Continue throwers 10 exercise and Plyometrics</p>	

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