



Gary L. Harbin, M.D.

Byron L. Grauerholz, M.D.

Todd M. Herrenbruck, M.D.

523 S. SANTA FE AVE

SALINA, KS 67401

785.823.2215

785.823.7459

SALINAORTHO.COM

Michael J. Johnson, M.D.

Jennifer L. Alexander, APRN

Lindsay Newton, PA-C

Amber Sawyers, PA-C

Ulnar Collateral Ligament (UCL) Sprain Non-Operative Protocol

Phase I – Acute & Inflammatory Phase

- Modalities to control inflammation:
 - Prescription anti-inflammatories
 - Ice
 - Clinical modalities as needed
- Active Range of Motion Exercises:
 - Elbow & wrist all planes
- Early scapular strengthening:
 - Begin scapular stabilization with appropriate instruction in mid and lower trapezius facilitation
- Isometric strengthening of the shoulder, elbow, and wrist

Phase II – Active Range of Motion and Early strengthening (10 days to 6 weeks)

10 days to 3 weeks

- Brace setting 30° to 100°
- Active elbow flexion and extension 30° to 100°
- Low resistance wrist and hand strengthening
- Rotator cuff sub-max isometric
- Active scapular strengthening exercises
- Proprioception drills emphasizing neuromuscular control

Weeks 3 to 4

- Brace setting from 20° to 110°; increase range settings 10° of extension and 10° of flexion per week progressing to full by week 6

Weeks 4 to 5

- Brace setting 10° to 120°
- Rotator cuff and scapular strengthening avoiding valgus stress

Weeks 5 to 6

- Brace setting 0° to 130°

Phase III – Strengthening Phase (Weeks 6 to 10)

Weeks 6 to 8

- Discontinue brace
- Restore full elbow range of motion with terminal stretching
- Advance rotator cuff and total arm strengthening program
- Proprioception and neuromuscular control drills
- Manual resistance and PNF patterns with proximal stabilization

Phase IV – Advanced Strengthening and Plyometric Drills (Weeks 10 to 16)

Weeks 10 to 16

- Gym program, avoid valgus stress
- Initiate closed kinetic chain exercises
- Plyoball wall drills
- Two-armed rebounder drills, progressing to one-armed

Phase V – Interval Throwing Program (Week 16)

- Strength test and follow-up with physician
- Initiate interval throwing program based on >90% strength and negative clinical exam.