



ROSENBERG COOLEY METCALF
THE ORTHOPEDIC CLINIC AT PARK CITY

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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 – Subacute & Early Resistive Phase:

- Continue with modalities and range of motion as outlined in Phase I
- Initiate rotator cuff strengthening (PREs), avoiding extensive valgus forces at the elbow:
- Initiate resistive elbow and wrist strengthening as tolerated

Phase III – Advanced Strengthening:

- Continue with Phase II advancing rotator cuff and scapular strengthening program with the addition of a push-up progression, avoiding extensive valgus force at the elbow:
- Initiate gym strengthening program
- Begin two-handed plyoball drills, advancing to one-handed
- Begin interval hitting program

Phase IV – Return to Sport:

- Continue with Phase III program
- Advance interval hitting program
- Begin interval throwing program based on:
 - Negative clinical examination
 - No pain or tenderness
 - > 90% strength tests for shoulder, elbow, wrist, and hand
- Re-evaluation with physician and therapist

This protocol is intended to provide a general guideline to treating an ulnar collateral (UCL) sprain. Progress should be modified on an individual basis.