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CENTER FOR
Advanced Orthopedics
AND SPORTS MEDICINE



Physical Therapy Prescription – UCL elbow sprain

Name: _____

Date: _____

Diagnosis: R / L Elbow UCL sprain

Frequency: 2-3 times per week for _____ weeks

Immediate Motion Phase (weeks 0 through 2):

Goals: o Increase range of motion, slow muscle atrophy, decrease pain/inflammation, promote healing of UCL

Range of Motion: Brace (optional) nonpainful ROM [20-90 degrees] AAROM, PROM elbow and wrist (nonpainful)

Exercises:

- o Isometrics - wrist and elbow musculature
- o Shoulder strengthening (no external rotation strengthening)
- *Ice and compression

Intermediate Phase (weeks 3 through 6):

- Goals:**
- o Increase range of motion
 - o Improve strength/endurance
 - o Decrease pain and inflammation
 - o Promote stability

Range of Motion: Gradually increase motion 0° to 135° (increase 10° per week)

Exercises:

- o Initiate Isotonic exercises wrist curls wrist extensions pronation/supination biceps/triceps dumbbells: external rotation, deltoid, supraspinatus, rhomboids, internal rotation
- *Ice and Compression

Advanced Phase (weeks 6 and 7 through 12 and 14):

Criteria to Progress

- o Full range of motion
- o No pain, tenderness, or laxity
- o Strength 4/5 of elbow flexor/extensor

Goals:

- o Increase strength, power, and endurance
- o Improve neuromuscular control
- o Initiate high speed exercise drills

Exercises:

- o Initiate exercise tubing, shoulder program: Throwers ten program Biceps/triceps program Supination/pronation Wrist extension/flexion Plyometrics throwing drills

Return to Activity Phase (week 12 through 14):

Criteria to Progress to Return to Throwing:

- o Full nonpainful ROM, No Increase in laxity
- o Isokinetic test fulfills criteria
- o Satisfactory clinical exam

Exercises:

- o Initiate interval throwing
- o Continue throwers ten program
- o Continue plyometrics

Physician Signature: _____

Date: _____

For more orthopedic information and rehab protocols visit **www.drsiwiec.com**