



NICHOLAS J NEWSUM, M.D.
ORLANDO HAND SURGERY ASSOCIATES
801 N. ORANGE AVE SUITE 600B
ORLANDO, FL 32801
PHONE (407)-841-2100
FAX (407)-841-5705

Elbow Ulnar Collateral Ligament Injury Non-Operative Protocol

Phase 1: 1-2 Months

- Rest from throwing hard
- Take anti-inflammatory medicine as needed
- Ice 2-3 times per day
- AROM and PROM exercises 3-4 times per day for the elbow and forearm
- Strengthening program for wrist flexors and forearm pronators
 - Increase weight and progress as tolerated

Phase 2: 2-6 Months

- Progress upper extremity strengthening program to all muscle groups
- Have throwing mechanics evaluated
- Impulse machine may be used for throwing exercises
- Begin throwing progression at 2 months
- Progress as tolerated depending on symptoms

Please call with questions or concerns at the phone number above.