Dr. Pathik Shah
Sports, Revision Sports and Regenerative Sports Orthopaedic Surgeon
DNB Ortho (Mumbai), MNAMS (New Delhi), MBBS
AOSSM Sports Surgery Fellowship (California, USA),
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Diploma in Football medicine (FIFA)

ULNAR COLLATERAL LIGAMENT NON-OPERATIVE TREATMENT PHYSICAL THERAPY PRESCRIPTION

Weeks 0-2

Exercises: ___ Begin light weight resistance exercises for arm
___ Wrist curls, extensions, pronation, supination
___ Elbow flexion/extension
___ Progress shoulder program, emphasize rotator cuff strengthening
Emphasis on external rotation, side lying

Week 2-6 Advanced Strengthening Phase

Goals: Increase strength, power and endurance
Maintain full elbow ROM
Gradually initiate sporting activities

Exercises: ___ Initiate eccentric elbow flexion/extension
___ Triceps strengthening
___ Continue isotonic program; forearm and wrist
___ Continue shoulder program

Week 6 Power and Endurance Phase

Goals: Continue to increase strength, power and endurance of upper extremity musculature. Gradual return to sport activities

Initiate Interval Throwing Program when strength and range of motion have normalized.