UCLA OUTPATIENT REHABILITATION SERVICES

□ WESTWOOD

1000 Veteran Ave., A level Phone: (310) 794-1323 Fax: (310) 794-1457

Week 6

☐ SANTA MONICA

1260 15th St, Ste. 900 Phone: (310) 319-4646 Fax: (310) 319-2269

FOR APPTS, CALL: (310) 794-1323 FAX: (310) 794-1457

ULNAR COLLATERAL LIGAMENT NON-OPERATIVE TREATMENT PHYSICAL THERAPY PRESCRIPTION

Diagnosis: (LEFT / RIGHT)			
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 		

Kristofer J. Jones, M.D., Attending Orthopaedic Surgeon				
Physician's	s Signature:	Date:		
	times per week nd progress notes.	Duration: week	S	
Initiate Interval Throwing Program when strength and range of motion have normalized.				
Goals:	Continue to increase strength, pextremity musculature. Gradua	• •		

INTERVAL THROWING PROGRAM PHASE 1

- ** Throwing is performed every other day. Pre-throwing and post-throwing exercises must be performed.
- ** Each Stage should be one week. If pain occurs during any stage, back up to previous stage.

Phase I: Long Toss program

45-ft. Stage

- a. Warm-up throwing
- b. 45 ft. (25 throws)
- c. Rest 15 min.
- d. Warm-up throwing
- e. 45 ft. (25 throws)

60-ft. Stage

- a. Warm-up throwing
- b. 60 ft. (25 throws)
- c. Rest 15 min.
- d. Warm-up throwing
- e. 60 ft. (25 throws)

90-ft. Stage:

- a. Warm-up throwing
- b. 90 Ft. (25 throws)
- c. Rest 15 min.
- d. Warm-up throwing
- e. 90 ft. (25 throws)

120-ft. Stage:

- a. Warm-up throwing
- b. 120 ft. (25 throws)
- c. Rest 15 min.
- d. Warm-up throwing
- e. 120 ft. (25 throws)

150-ft. Stage:

- a. Warm-up throwing
- b. 150 ft. (25 throws)
- c. Rest 15 min.
- d. Warm-up throwing
- e. 150 ft. (25 throws)

180-ft. Stage:

- a. Warm-up throwing
- b. 180 ft. (25 throws)

- c. Rest 15 min.
- d. Warm-up throwing
- e. 180 ft. (25 throws)

Then begin throwing from mound or to respective position.

<u>INTERVAL THROWING PROGRAM PHASE 2</u>

** Throwing is performed every other day. Pre-throwing and post-throwing exercises must be performed.

Phase II: Starting Off the Mound

Stage I: Fastball Only

Step 1: a. Interval throwing

b: 15 throws from mound 50%

Step 2: a. Interval throwing

b: 30 throws from mound 50%

Step 3: a. Interval throwing

b: 45 throws from mound 50%

Stage II: Fastball Only

Step 4: a. Interval throwing

b. 60 throws from mound 50%

Step 5: a. Interval throwing

b. 30 throws from mound 75%

Step 6: a. 30 throws from mound 75%

b. 45 throws from mound 50%

Stage III: Fastball Only

Step 7: a. 45 throws from mound 75%

b. 15 throws from mound 50%

Step 8: a. 60 throws from mound 75%

Stage IV: Fastball Only

Step 9: a. 45 throws from mound 75%

b. 15 throws in batting practice

Step 10: a. 45 throws from mound 75%

b. 30 throws in batting practice

Step 11: a. 45 throws from mound 75 %

b. 45 throws in batting practice

Stage V:

Step 12: a. 30 throws from mound 75% warm-up

b. 15 throws from mound 50% breaking balls

c. 45-60 throws in batting practice throws from mound 50% (fastball

Step 13:	b: 30 breaking balls 75%
Step 14:	c: 30 throws in batting practice a. 30 throws from mound 75%
Step 15:	b. 60-90 throws in batting practice 25% breaking balls Simulated game progressing by 15 throws per work-out. Use interval throwing to 120-ft. phase as warm-up. All throwing from the mound should be done in the presence of the pitching coach to stress proper throwing mechanics A speed gun should be used to aid in effort control.
PAGE	
Elbow UCL F	PAGE 2
Place label here	
NAME OF PATIENT	T:

Kristofer J. Jones, M.D.
Sports Medicine, Shoulder Surgery and Cartilage Restoration UCLA Department of Orthopaedic Surgery
David Geffen School of Medicine at UCLA
10833 Le Conte Avenue, 76-143 CHS
Los Angeles, CA 90095-6902
Phone: (310) 825-6095
Fax: (310) 825-1311
CA License: A126262

only)

Kristofer J. Jones, M.D. UCLA Department of Orthopaedic Surgery

Kristofer J. Jones, M.D. UCLA Department of Orthopaedic Surgery