

Physical/Occupational Therapy Prescription

Name: _____ Date of Birth: _____

Diagnosis: Ulnar collateral ligament insufficiency Code: S53.39

Procedure: Ulnar collateral ligament repair Surgery Date: _____

Instructions:

Phase One (1-4 weeks):

- Splint immobilization until two weeks post-operatively.
- Work to regain full range of motion by 4 weeks post-operatively.
- Protect the still healing ulnar ligament by avoiding elbow valgus torque activities.
- Emphasize maintenance of flexibility and strength of fingers, shoulder, scapula, core, and legs.

Phase Two (4-6 weeks):

- Begin isotonic strengthening at the elbow.
- Stretching and strengthening of the periscapular stabilizers, rotator cuff, deltoid, legs, and core.
- Initiate the Thrower's Ten Exercise program.
- Perform all exercises in the brace.

Phase Three (6-10 weeks):

- Discontinue brace. Continue to progress stretching and flexibility.
- Progress to Advanced Thrower's Ten, advance weights/bands.
- Begin isotonic lifting program including bench press, seated row, lat pull-downs, triceps push downs, and biceps curls.
- Begin plyometrics (specifically bouncing a medicine ball into a trampoline), progressing from 2-handed (2 weeks) to 1-handed (2 weeks).

Phase Four (>10 weeks):

- Initiate progressive interval throwing program. Initiate progressive interval hitting program.
- Continue strengthening and stretching and Advanced Thrower's Ten program.

Please emphasize a home exercise program.

Modalities

Heat before therapy, ice after, remaining modalities per therapist

Frequency: 2 times/week

Duration: 6 weeks

Signature: _____ Date: _____