

PHYSICAL THERAPY PRESCRIPTION

ULNAR COLLATERAL LIGAMENT NONOPERATIVE 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

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.

Treatment: _____ times per week Duration: _____ weeks

Physician's Signature: _____ Date: _____

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** 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 being throwing from mound or respective position.

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INTERVAL THROWING PROGRAM PHASE 2

- 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

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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 only)

Step 13:

- a. 30 throws from mound 75%
- b. 30 breaking balls 75%
- c. 30 throws in batting practice

Step 14:

- a. 30 throws from mound 75%
- b. 60-90 throws in batting practice 25% breaking balls

Step 15:

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.