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):

- Being 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 (6-8 weeks) to 1-handed (8-10 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.

<u>Modalities</u>	
Heat before therapy, ice after, remaining	g modalities per therapist
Frequency: 2 times/week	Duration: 6 weeks
Signature:	Date: _