



C. Lucas Myerson, MD

Shoulder and Elbow Surgery

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PT Protocol - Non-operative UCL Injury

Phase I (0-6 wks)

- No throwing.
- Anti-inflammatory meds, ice frequently.
- Active/passive ROM for elbow and forearm.
- Strengthen wrist flexors, forearm pronators.
- Core and LE strengthening.

Phase II (3-6 mos)

- Advance UE strengthening for all muscle groups.
- Begin a throwing program ~3 mos if pain-free.
- Progress based on tolerance.
- Return to sport only when strength, balance, rhythm, and coordination are restored.

Modalities

- Ice/Heat
- Ultrasound
- TENS
- Manual therapy as indicated

Evaluation

- Teach home program
- Monitor progression carefully

For more information on your condition, you can visit Dr. Myerson's website by scanning the QR code below:

