

# PHYSICAL THERAPY PRESCRIPTION

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PATIENT STICKER

### 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:** \_\_\_\_\_

Seth C. Gamradt, MD, Attending Orthopaedic Surgeon, USC

# PHYSICAL THERAPY PRESCRIPTION

## 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

# PHYSICAL THERAPY PRESCRIPTION

- 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.

## 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

## PHYSICAL THERAPY PRESCRIPTION

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 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.