Copyright © by The Journal of Bone and Joint Surgery, Incorporated Kadri et al. Nonoperative Treatment of Medial Ulnar Collateral Ligament Injuries in the Throwing Athlete. Indications, Evaluation, and Management http://dx.doi.org/10.2106/JBJS.RVW.18.00031 Page 1

Appendix

Return-to-Throwing Program

Return to Throwing Program

1. Warm-up: 10-15 minutes with bike, upper-extremity bike, and/or jog

Stretches:

Posterior Capsule

Post Internal Rotation



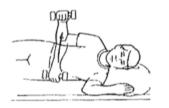


2. Throwing Exercises

External Rotation (ER) Exercises:

Side-lying ER

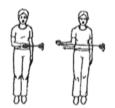
Prone Horizontal Abduction/Clock Extension





ER @ 0 (elbow close to side)

ER @ 90





Internal Rotation (IR) Exercises:

COPYRIGHT © BY THE JOURNAL OF BONE AND JOINT SURGERY, INCORPORATED KADRI ET AL. NONOPERATIVE TREATMENT OF MEDIAL ULNAR COLLATERAL LIGAMENT INJURIES I

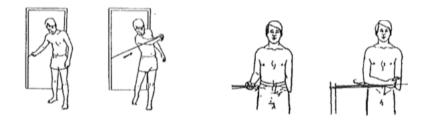
NONOPERATIVE TREATMENT OF MEDIAL ULNAR COLLATERAL LIGAMENT INJURIES IN THE THROWING ATHLETE. INDICATIONS, EVALUATION, AND MANAGEMENT

http://dx.doi.org/10.2106/JBJS.RVW.18.00031

Page 2

Tennis Forehand (band)

IR @ 0° abduction (arm at side)



IR @ 90° (elbow bent at 90° angle)



Supraspinatus Training:

Active Jobe position/Full can

Military Press

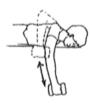




Scapular Training:

Prone Rowing:

Superman with Scapular Retraction:





Forearm Pronation/Supination:

COPYRIGHT © BY THE JOURNAL OF BONE AND JOINT SURGERY, INCORPORATED KADRI ET AL. NONOPERATIVE TREATMENT OF MEDIAL ULNAR COLLATERAL LIGAMENT INJURIES IN THE THROWING ATHLETE. INDICATIONS, EVALUATION, AND MANAGEMENT http://dx.doi.org/10.2106/JBJS.RVW.18.00031 Page 3



Wrist Extension/Flexion:



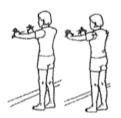
Elbow Flexion/Extension:



Press-ups/Sitting chair-ups:

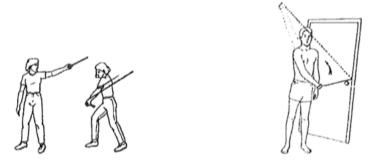


Push-ups:



Proprioceptive Neuromuscular Facilitation Extension/Flexion:

COPYRIGHT © BY THE JOURNAL OF BONE AND JOINT SURGERY, INCORPORATED KADRI ET AL. NONOPERATIVE TREATMENT OF MEDIAL ULNAR COLLATERAL LIGAMENT INJURIES IN THE THROWING ATHLETE. INDICATIONS, EVALUATION, AND MANAGEMENT http://dx.doi.org/10.2106/JBJS.RVW.18.00031 Page 4



Strengthening and conditioning of legs, back, and trunk including abdominal exercises, hip stability/balance as well as postural exercises