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Proximal Ulna / Olecranon Stress Fracture Non-operative Protocol

General Tenents:

- Initiation of a period of relative rest
- Avoidance of valgus stress for at least 6 weeks
- Some authors recommend hinged elbow brace from 20 – full flexion x 4 weeks, worn at all times except bathing (Schickendantz et al)
- On average, will start interval throwing program at 8 weeks
- Rest may need to be up to 6 months in cases to allow for healing
- Throwing program may take 4 – 6 weeks to complete pain free

Return to throwing requires:

- 1) Return of full elbow motion
- 2) No pain with valgus stress or forced hyperextension
- 3) Normal strength of forearm, elbow, shoulder musculature

Interval Throwing Programs: Requires clearance from physician.

- 1) Advanced Continuing Education Institute (ACEi)© 21 Day Program
- 2) ACEi Interval Throwing Program for Baseball Players ©

Week 0 – 2:

- No exercise, just elbow rest

Week 2 - 4:

- Start light forearm and wrist progressive resistance exercise

Week 4 – 6:

- Discontinue HEB if in use
- Progress as tolerated to full ROM of the elbow
- Progressive elbow resistance exercises

Week 6:

- Start sport specific rehab
- Shoulder at 90/90 position rehab
- Plyometrics
- Ballistic work
- Re-exam for restoration of motion, any pain with valgus stress or forced hyperextension

Week 8:

- Start interval throwing program (may take 4 – 6 weeks to complete)

Adapted from:

Schickendantz et al American Journal of Sports Medicine 2002

Patel et al Orthop Clin N Am 2014

Ahmad et al Clin Sports Med 2004