

PRP Injection for Ulnar Collateral Ligament

Dr. Preston Wolin

Center for Athletic Medicine

- Sling worn for 3 days
- Core work only for weeks 1-2
- Begin shoulder and scapular motion at weeks 3-4
- Light forearm strengthening (no heavy resistance) weeks 3-4
- Careful to avoid valgus stress to elbow for at least 4 weeks
- Begin resisted shoulder IR at week 5
- Return to independent throwing program weeks 5-6

****Please call the office at 773-248-4150 with any questions****