

Polar Bear Athletic Conference, May 2016

Elbow UCL Injuries

- I. Overuse / Atraumatic UCL Tears
 - a. Epidemiology
 - b. Risk Factors
 - c. Biomechanics of injury
 - d. Symptoms
 - e. Physical Exam findings
 - f. Imaging
 - i. X-ray
 - ii. Advanced imaging
 1. MRI
 2. Ultrasound
 - g. Treatment
 - i. Non-operative
 1. Rest
 2. NSAIDs
 3. PT
 4. Return to Throwing program
 - ii. Operative Reconstruction
 1. Techniques
 2. Outcomes
 3. Return to Sport
- II. Acute / Traumatic UCL Tears
 - a. Epidemiology
 - b. Biomechanics of injury
 - c. Symptoms
 - d. Physical Exam Findings
 - e. Imaging
 - i. X-ray
 - ii. Advanced Imaging
 - f. Treatment
 - i. Non-operative
 1. Rest
 2. NSAIDs
 3. PT
 4. RTP
 - ii. Operative repair