

## Rehabilitation Following UCL Reconstruction Using Docking Procedure

### I. Post-Operative Phase 1 ( Week 1-4 )

#### Goals:

- Promote healing: reduce pain, inflammation and swelling
- Begin to restore ROM to 30-90 degrees
- Independent Home Exercise Program

#### **Precautions:**

- Brace should be worn at all times
- No PROM of the elbow

#### **Treatment Strategies:**

- Brace set at 30 degrees to 90 degrees of flexion
- Elbow AROM in brace
- Wrist AROM
- Scapula isometrics
- Gripping exercises
- Cryotherapy
- Home Exercise Program

#### **Criteria for Advancement:**

- Elbow ROM : 30- 90 degrees
- Minimal pain or swelling

### II. Post-Operative Phase 2 ( Week 4-6 )

#### Goals:

- ROM: 15- 115 degrees
- Minimal pain and swelling

#### **Precautions:**

- Continue to wear brace at all times
- Avoid PROM
- Avoid valgus stress

#### **Treatment Strategies:**

- Continue AROM in brace
- Begin pain-free isometrics in brace ( deltoid, wrist flex/ext, elbow flex/ext)
- Manual scapula stabilization exercises with proximal resistance
- Modalities as needed
- Modify Home Exercise Program

**Criteria for Advancement:**

- ROM: 15- 115 degrees
- Minimal pain and swelling

**III. Post-Operative Phase 3 ( 6-12 weeks )**

Goals:

- Restore full ROM
- All upper extremity strength 5/5
- Begin to restore upper extremity endurance

**Precautions:**

- Minimize valgus stress
- Avoid PROM by the clinician
- Avoid pain with therapeutic exercise

**Treatment Strategies:**

- Continue AROM
- Low intensity/ long duration stretch for extension
- Isotonics for scapula, shoulder, elbow, forearm, wrist
- Begin IR/ER strengthening @ 8 weeks
- Begin forearm pronation/ supination strengthening @ 8 weeks
- Upper Body Ergometer ( if adequate ROM )
- Neuromuscular drills
- PNF patterns when strength is adequate
- Incorporate eccentric training when strength is adequate
- Modalities as needed
- Modify Home Exercise Program

**Criteria for Advancement:**

- Pain free
- Full elbow ROM
- All upper extremity strength 5/5

**IV. Post-Operative Phase 4 ( Week 12- 16 )**

Goals:

- Restore full strength and flexibility
- Restore normal neuromuscular function
- Prepare for return to Activity

**Precautions:**

- Pain-free plyometrics

**Treatment Strategies:**

- Advance IR/ER to 90/90 position
- Full upper extremity flexibility program
- Neuromuscular drills
- Plyometric program
- Continue endurance training
- Address trunk and lower extremities
- Modify Home Exercise Program

**Criteria for Advancement:**

- Complete plyometrics program without symptoms
- Normal upper extremity flexibility

**V. Post- Operative Phase 5 ( 4 -9 months )**

Goals:

- Return to Activity
- Prevent Reinjury

**Precautions:**

- Significant pain with throwing or hitting
- Avoid loss of strength or flexibility

**Treatment Strategies:**

- Begin interval throwing program at 4 months
- Begin hitting program at 5 months
- Continue flexibility exercises
- Continue strengthening program ( incorporate training principles )

**Criteria for Discharge:**

- Pain free
- Independent HEP
- Independent throwing/hitting program