

# UCL Reconstruction and Repair; Docking Technique



Dr. Campbell

## Postoperative Phase 1 (Weeks 1-4)

### GOALS

- Promote healing: reduce pain, inflammation and swelling
- Begin to restore range of motion to 30°-90°
- Independent home exercise program

### PRECAUTIONS

- Brace should be worn at all times
- No passive range of motion of the elbow

### TREATMENT STRATEGIES

- Brace set at 30° to 90° of flexion
- Elbow AROM in brace
- Wrist AROM
- Scapula isometrics
- Gripping exercises
- Cryotherapy
- HEP

### CRITERIA FOR ADVANCEMENT

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

## Postoperative Phase 2 (Weeks 4-6)

### GOALS

- ROM: 15°-115°
- 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 flexion/extension, elbow flexion/extension)
- Scapula stabilization exercises with brace on and no resistance below elbow; manually assist with scapular stabilization as required
- Modalities as needed
- Modify HEP

### CRITERIA FOR ADVANCEMENT

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

## Postoperative Phase 3 (Weeks 6-12)

### 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

*If you have any problems or questions,  
please call your doctor's office (8am-5pm).  
Answering service for after hours.*

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- Low-intensity/long-duration stretch for extension
- Isotonics for scapula, shoulder, elbow, forearm, wrist
- Begin IR/ER strengthening at 8 weeks
- Begin forearm pronation/supination strengthening at 8 weeks
- UBE (if adequate range of motion)
- Neuromuscular drills
- PNF patterns when strength is adequate
- Incorporate eccentric training when strength is adequate
- Modalities as needed
- Modify HEP

#### **CRITERIA FOR ADVANCEMENT**

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

#### **GOALS**

- Return to activity
- Prevent re-injury

#### **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 ADVANCEMENT**

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

## **Postoperative Phase 4 (Weeks 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 HEP

#### **CRITERIA FOR ADVANCEMENT**

- Complete plyometrics program without symptoms
- Normal upper extremity flexibility

## **Postoperative Phase 5 (Months 4-9)**