

## UCL Reconstruction (Using Docking Procedure)

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Patient \_\_\_\_\_  
 DOS \_\_\_\_\_

	<b>POW 1-4</b>	<b>POW 4-6</b>	<b>POW 6-12</b>	<b>POW 12-16</b>	<b>POW 16+</b>
<b>Brace</b>	Set 30°-90° Worn at all times	Set 15°-115° Worn at all times	Wean per MD		
<b>PROM</b>	None	None	None by clinician Ok to do LLLD stretch into extension	As needed to restore to normal	
<b>AROM</b>	30°-90° in brace	15°-115° in brace	Advance as tolerated		
<b>Exercises</b>	Active wrist Flex/Ext	Wrist Flex/Ext isometrics	IR/ER tubing POW 8	Plyometrics	Begin Internal Throwing Program POW 16
*Protect reconstruction	Ball/towel hand squeezes	Elbow Flex/Ext isometrics	Sidelying ER POW 8	Wall dribble	Begin Hitting Program POW 20
*Control swelling and inflammation	Scar massage	Shoulder isometrics (Flex/Ext/Add/Abd)	Pronation/Supination with resistance POW 8	IR/ER strengthening at 90°/90° position	Incorporate other sport specific/work activity
*Educate patient on rehab progression	Edema control	Resisted scapular protraction/retraction, elevation/depression	Tubing Rows, Extension	Advance previous exercises, progressing weights & bands	
	Scapular Retraction	*Avoid valgus stress	D1 & D2 PNF		
	Cryotherapy		Rhythmic Stabilization		
			Isotonic wrist flex/ext		
			Isotonic elbow flex/ext		
			UBE		
			*Minimize valgus stress		

Any Questions? Please contact: **Northwoods Therapy Associates**/Altoona, WI (715) 839-9266/ Chippewa Falls, WI (715) 723-5060

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