

Postoperative Rehabilitation Protocol for Coracoclavicular Ligament Reconstruction

Patient will wear an abduction pillow sling for 6 weeks postoperatively.

Unless otherwise specified, do not begin physical therapy until patient has been seen for 2-week postoperative visit.

Postoperative weeks 2-3

- Exercises should be performed **supine** to eliminate gravity
- Passive supine elevation using opposite hand. Passive ER to neutral. Avoid horizontal adduction.
- Hand, wrist, and elbow motion
- Closed chain scapular stabilizers (deltoid and cuff) while supine or with gravity eliminated
- Modalities PRN

Postoperative weeks 3-6

- Exercises should be performed **supine** to eliminate gravity
- Avoid horizontal adduction
- Advance joint mobilization and PROM (passive supine elevation to tolerance, passive ER to 30 degrees)
- Deltoid isometrics
- Begin sub-maximal IR / ER isometric exercises in neutral with arm at side (week 5)
- Continue scapular strengthening

Postoperative weeks 6-9

- Begin Theraband IR / ER at week 6
- ROM activities: emphasize flexion. Gentle passive stretch to tolerance

- Deltoid isotonic in scapular plane
- Continue with scapular PRE's. Begin biceps PRE's
- Progress Cuff isotonic
- Continue aggressive scapular exercises
- Upper extremity PRE's for large muscle groups
- Begin isokinetic program, IR / ER emphasize eccentrics
- Continue modalities PRN

Postoperative weeks 9-16

- Aggressive upper extremity PRE's
- IR / ER isokinetics, velocity spectrum
- Begin plyometric program for overhead athletes
- Continue with throwing and racquet program if appropriate
- Posterior capsular stretching after warm-ups

Postoperative weeks 16+

- Functional Exercises, Isokinetics, Plyometrics, Sport-specific Rehab

If you have any problems or questions, please call your doctor's office (8am-5pm).

Answering service for after hours.

667 KINGSBOROUGH SQ, STE 300
CHESAPEAKE, VA 23320
P 757.422.8476 | F 757.425.8476
ORTHOVIRGINIA.COM