



Well Beyond.

**Craig A. Yager, M.D.**

**Postoperative Therapy Protocol**

## **Coracoclavicular Ligament Reconstruction**

### **Functional Goals**

Weeks 0-4: Control pain and inflammation while protecting reconstruction

Weeks 4-6: Begin range of motion, protect reconstruction

Weeks 6-8: Progress range of motion while protecting reconstruction

Weeks 8-12: Begin strengthening

Weeks 12+: Transition to activities as tolerated

### **Weeks 0-4**

Sling at all times except for pendulum exercises and active range of motion at the hand, wrist, and elbow

Immobilization critical to allow soft tissue healing, no active range of motion at the shoulder

Ice 20 minutes per hour for the first 2-3 days, continue as needed afterwards

Exercise	Reps/Sets	Frequency	Goal
Pendulums	3 sets of 10 reps	3 times daily, 7 days/week	Increase Shoulder ROM
Active Wrist Flexion & Extension	3 sets of 15 reps	4 times daily, 7 days/week	Increase AROM
Active Hand Flexion & Extension	3 sets of 15 reps	4 times daily, 7 days/week	Increase AROM
Active Elbow Flexion & Extension	3 sets of 15 reps	2 times daily, 7 days/week	Increase AROM
Active Forearm Supination & Pronation	3 sets of 15 reps	2 times daily, 7 days/week	Increase AROM
Active Cervical Spine Motion	3 sets of 15 reps	2 times daily, 7 days/week	Increase Motion

### **Weeks 4-6**

Begin formal physical therapy, continue to limit active range of motion at the shoulder

Passive motion at the shoulder

- Forward flexion to 90°
- Abduction to 60°
- External rotation to neutral
- Extension to neutral
- Internal rotation to chest wall

Continue above motion exercises

### **Weeks 6-8**

Discontinue sling

Active assist range of motion/active range of motion

- Forward flexion to 120°
- Abduction to 90°
- External rotation to neutral
- Extension to neutral
- Internal rotation to chest wall

Begin pain free isometric rotator cuff and deltoid exercises

### **Weeks 8-10**

Continue improving range of motion

Begin gentle rotator cuff and scapular stabilizer strengthening

Active assist range of motion/active range of motion

- Forward flexion to 140°
- Abduction to 120°
- External rotation to 45° with arm in abduction
- Extension to neutral
- Internal rotation to 45° with arm in abduction

### **Weeks 10+**

Continue progressing motion as tolerated with goal of full active range of motion in all planes

Continue progressing rotator cuff, deltoid, and bicep strengthening

### **Weeks 12 and Beyond**

May return to unrestricted activities when range of motion and strength return without swelling or pain

**Watch carefully for redness, excessive swelling, excessive bleeding, discharge, fever or pain not relieved by medication. Call immediately (719) 632-7669 if any of these are noticed.**