Indiana University Health

IU Health Physicians Orthopedics & Sports Medicine

CORACOCLAVICULAR (CC) LIGAMENT / ACROMIOCLAVICULAR (AC) JOINT RECONSTRUCTION

PHYSICAL THERAPY PROTOCOL

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Patient:_____ **Date of Surgery:**_____

Frequency: _____**x/week x** _____**weeks**

Recommendations:

- Elbow must be supported at all times for 6 weeks post-op. Use sling but not swathe as it may pull the arm inferiorly.
- No driving until 6 weeks post-op.
- Encourage PROM at home daily (2 – 3 sessions) by family member for the first 4 - 6 weeks after initiation of PT after POD #21.

- Instruct in proper posture and use of pillows to support arm while sleeping.
- Have patient ice shoulder 3 - 4 times daily to decrease pain and inflammation.
- **PROM Limits: Forward elevation and abduction to 90° for 6 weeks. Internal and external rotation to tolerance, as long as arm is at side. No cross-body adduction for 8 weeks.**
- Return to work and sport to be determined on an individual basis by the physician.

Protocol:

__**Phase I (0 - 6 wks):** *Period of protection: progressive passive ROM within limits and protected strengthening.*

- **Sling**: Wear at all times, except for exercise and hygiene.
- **ROM**: PROM in all planes, but FE and Abduction limited to 90°. ER/IR to tolerance, with arm at side. No cross-body adduction. AROM of elbow, wrist and hand with arm supported. Home program for daily pendulums and elbow/wrist/hand ROM.
- **Strengthening**: Begin and progress multi-angle isometrics (submax) for cuff/deltoid/periscapular musculature; elbow and forearm isometrics.

__**Phase II (6 – 12 wks):** *Advance ROM and strengthening.*

6 - 8 wks:

- **ROM:** May now advance passive ROM to tolerance; begin AAROM with pulleys; gradually progress to active FE and abduction to 90°. Still avoid cross-body adduction.
- **Strengthening**: Advance scapular stabilization and rotator cuff exercises to gentle closed-chain activity within pain-free range: start with supine (gravity-free) exercises and progressing to vertical.

8 - 12 wks:

- **ROM**: Progress AROM as tolerated (goal: active FE 170, ER 80-90, IR 90 by 12 weeks). May now allow cross-body adduction as tolerated.
- **Strengthening**: Continue with isometric and closed-chain cuff and periscapular strengthening, now beginning more functional exercises: Plyoback, advanced PNF with theraband, bodyblade, etc. Avoid open-chain cuff resistance until after 12 weeks.

__**Phase III (12-24 wks)**: *Sport-specific activities as sport or occupation requires. Full unrestricted activity by 6 months.*

By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary. This patient __ would __would not benefit from social services.

_____ Date:_____

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