Connecticut Orthopaedics

Megan R. Wolf, MD
Sports Medicine/Foot & Ankle

Coracoclavicular Joint Reconstruction
Post-Operative Protocol

Post-op to Week 4:
Immobilizer to be worn 24/7 for 3 weeks; may remove for hygiene
- Week 4: transition to sling (for an additional 3 weeks)

Modalities to decrease pain/inflammation
Cervical ROM and stretches (chin tucks)
AROM -wrist/hand
Scapular squeezes
PROM -biceps for 6 weeks
PROM of shoulder below 90 degrees – no extension or horizonal adduction
- Forward flexion: 90
- Abduction: 60
- ER: neutral
- IR: chest wall

Postural education
Walks/low cardiovascular exercise

Week 4 to Week 6:
Pendulums – small motions limiting horizonal adduction and extension
PROM progression – no extension or horizontal adduction
- Forward flexion: 120
- Abduction: 90
- ER: 20
- IR: chest wall

Submaximal, pain-free deltoid/RTC isometrics (glenohumeral neutral position)
Begin standing AA/AROM within same ROM restrictions
Table walk backs
Scapular strengthening below 90 degrees
Utilize BFRT UE within ROM restrictions
No lift >2 lbs.
Postural education
Low to moderate cardiovascular exercise (ie: elliptical)

Week 6- Week 8:
Discontinue sling at Week 6
P/AAROM progression (wand/pully) – no extension or horizonal adduction
- Forward flexion: 130
- Abduction: 100
- ER: 45
- IR: chest wall

Serratus activation progression
Scapular strengthening below 90 degrees; prone series to neutral (rows and I's) – no extension
No lifting >5lbs.
Isometric RTC and deltoid exercises
Continue low to moderate cardiovascular exercise

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Week 8 – Week 10:
AAROM/AROM progression
- Forward flexion: 140
- Abduction: 120
- ER at 90 degrees abduction: 45
- IR at 90 degrees abduction: 45
- Extension/Horizontal adduction: gradual progression to tolerance

Gentle RTC and scapular strengthening
No lifting >5lbs
No overhead lifting

Week 10 – Week 12:
AROM progression to full in all planes; including extension
Continue strengthening exercises (chest fly, seated rows, front lat pulls, pressing motions)
Front, scaption and lateral raises to 90 degrees
CKC progression (wall pushups, modified front plank holds w/arms extended, etc.)
Advance scapular prone series to include T's and Y's as tolerated (emphasize T's to neutral)
No lift > 10lbs.
Lower extremity plyometrics/impact progression
Endurance training (UBE)
Initiate gradual jogging progression

Week 12 – Week 16:
No lifting restrictions
Advance strengthening as tolerated at or above 90 degrees (RTC, deltoid, bicep, scapula, latissimus)
Continue CKC exercise progression; including push up progression
Plyometric and rebounder drill progression
Work/sport specific exercises

Week 14 **-** Hitting protocol for baseball/softball athletes (provided by physician)

Week 16 – Week 20:
Week 16 **-** Throwing program for overhead athletes starts (provided by physician)
Anticipate return to sport
Examination with physician for release to full activity

*Anticipate full clearance for overhead athletes 6+ months

Revised ***