

COMPREHENSIVE PHYSICAL THERAPY

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Sports Medicine/Foot & Ankle

Coracoclavicular Joint Reconstruction Post-Operative Protocol

Post-op to Week 4:

Immoblizer 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 horizontal 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 horizontal 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 horizontal 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 ***