

Physical Therapy Prescription for:

label

Diagnosis: AC Separation

Surgical Procedure: CC Ligament Reconstruction

Date of Surgery:

**CORACOCLAVICULAR/ACROMIOCLAVICULAR RECONSTRUCTION
PROCEDURE PHYSICAL THERAPY PROTOCOL:**

Brace: Sling at all times for 6 weeks. Ok to come out for physical therapy.

First six weeks post-op:

- Pendulums, ROM elbow, wrist and hand
- PROM in the SUPINE POSITION ONLY
 - Scapular plane elevation to 120dg
 - ER to 30dg

Weeks 6 to 12:

- MAY ADVANCE PROM TO UPRIGHT POSITION AFTER WEEK 6
 - Scapular plane elevation to 160dg
 - ER to 40dg
 - Advance ER following week 8 to as tolerated
- May begin AROM and AAROM as tolerated after week 8
- Isometric strengthening exercises for rotator cuff and scapula

Weeks 12 to 24:

- PROM, AROM, AAROM: as tolerated
- Closed chain strengthening at week 12
- ER/IR with resistive tubing
- ER/IR standing with weight
- AROM to light resistance
- Periscapular strengthening



Lauren H. Redler, M.D.

Date