

CORACOCLAVICULAR RECONSTRUCTION PHYSICAL THERAPY PROTOCOL

The intent of this protocol is to provide guidelines for progression of rehabilitation and is not intended to serve as a substitution for clinical decision-making. Progression through each phase of rehabilitation should consider tissue-healing time frames, clinical objective findings, and MD approval to ensure structural stability. There will be variability between patients in terms of time frames. Please reach out to Dr. Harrison with concerns or questions.

Shoulder Post-Surgical Instructions:

- Follow-up appointment with Dr. Harrison 6-10 days after surgery
- Shower 2 days after surgery (remove dressing, wash incision with soap and water)
- Do not soak in water until the incision is completely healed (minimum 2 weeks)
- Take medication as needed for pain management
- Ice 20 minutes every 1-2 hours
- Wear compression socks on both legs until follow-up appointment
- Sling (if given after surgery) all the time besides when changing clothes or showering
- Wear sling for 6 weeks, sling may be removed at night to sleep to 4 weeks
- No lifting greater than a coffee mug
- Start post op exercises day of surgery
- Call the physical therapy office of your choice and schedule an appointment for physical therapy
- Schedule the following post operative follow-up appointments:

Post op week 1

Post op week 4

Post op week 10

Please call our office with any questions or concerns, including redness, draining of the incisions or fever



Intermountain Orthopedics and Sports Medicine McKay Dee
3895 Harrison Blvd. Ogden, UT 84403
PH: (801) 387-7678

Week 1-4:

- Elbow, wrist and hand active range of motion
- Pendulums in sling
- Gentle posterior shoulder shrugs and shoulder pinches in sling
- Sling may be removed if sitting and elbow resting on armrest

Week 4-6:

- Begin formal physical therapy 1-2 times per week.
- Begin passive range of motion
 - Forward Elevation Goal = 90
 - ER to neutral
 - Extension neutral

Week 6-8:

- Active assistive range of motion and progress to active range of motion
- Pulleys and Table Slides
- Towel internal rotation stretch
- Shoulder submaximal isometrics for muscle activation

Week 8-12:

- Begin progressive gentle strengthening
- Dumbbells and resistive equipment initiated at therapist's discretion.
- Caution with heavy bench press, shoulder abduction
- Begin overhead strengthening and functional training when patient has full pain free range of motion
- Upper body ergometer
- Progress to home exercise program

Month 4-6:

- Return to full activity

**Clearance determined by Dr. Harrison, Rehab Team, and Coaches
that the athlete is ready to return to competition.**

Surgery - Rehab - Return to Train - Return to Sport - Return to Competition Progression (4-6 Months)