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**CORACOCLAVICULAR/ACROMIOCLAVICULAR LIGAMENT RECONSTRUCTION
POST-OPERATIVE PHYSICAL THERAPY PROTOCOL**

- WEEK 0-6** Pendulums, ROM elbow, wrist and hand
PROM in the **SUPINE POSITION ONLY**
Scapular plane elevation to 120dg; ER to 30dg
*(Patient-directed ROM in revision/alternative cases
for wks. 0-6)*
- WEEK 6-12** **PROM IN ONLY SUPINE POSITION UNTIL WK 6;
THEN MAY ADVANCE TO UPRIGHT**
Scapular plane elevation to 160dg; ER to 40dg; then advance following week
8 to as tolerated
May begin AROM and AAROM as tolerated **after week 8**
Isometric strengthening exercises for rotator cuff and scapula
- WEEK 12-24** PROM, AROM, and 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