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Coraoclavicular Ligament Reconstruction Protocol

Phase I (0 to 6 weeks):

- Maintain sling with elbow supported
- The elbow must always be supported, do not allow arm to hand down
- At 2 weeks, patient may begin modified pendulums with the elbow supported
- Elbow, wrist, hand range of motion immediately
- No lifting for first six-weeks postoperatively

Phase II (6-12 weeks):

- Gradually restore range of motion in all planes at 6 weeks
- No lifting greater than 5 pounds postoperatively
- Begin rotator cuff, deltoid, and scapular stabilizer isometric exercises

Phase III (>12 weeks):

- Progress to bands and weights
- Encourage scapular mechanics and shoulder ROM
- OK to begin sport specific exercises at 4.5 months
- Full return to activities can be 4.5-6 months postoperatively