



**Amit Momaya, MD**

Orthopedic Surgeon, Chief of Sports Medicine  
Team Physician for UAB, Legion FC, and Bulls Hockey  
Highlands Appointments: 205.930.8339  
MomayaMD.com

**PATIENT NAME:**

**PROCEDURE:**

**DATE OF SURGERY:**

**Physical Therapy ORDER – Coracoclavicular Ligament Reconstruction**

Sling for 5 weeks total

Phase 1 (0-4 weeks)

Sling: worn at all times except showering and pillow under the forearm to keep upward support  
Range of motion: No shoulder range of motion; work on keeping elbow, wrist, and hand moving.  
Weight bearing: Non weight bearing  
Modalities per PT discretion to decrease edema and pain

Phase 2 (4-6 weeks)

Sling: wean out after 5 weeks.  
Range of motion: Passive range of motion with FF to 90 deg, abduction to 60 deg, ER to neutral, and IR to chest wall; Ok for monitored pendulum exercises.  
Weight bearing: Non weight bearing

Phase 3 (6-12 weeks)

Sling: none  
Range of motion:  
6-8 weeks: AAROM → FF to 120°, Abduction to 90°, ER to neutral, extension to neutral, IR to chest wall.  
8-10 weeks: AAROM/AROM → FF to 140°, Abduction to 120°, ER/IR to 45 deg with arm abducted.  
> 10 weeks: AAROM/AROM → Advance to full AROM in all planes.  
Weight bearing: < 5 lbs

Phase 4 (12+ weeks)

Sling: none  
Range of motion: full  
Weight bearing: no restrictions  
Therapeutic Exercise –  
Advance strengthening as tolerated: isometrics → therabands → light weights  
Scapular and latisiumus strengthening  
Humeral head stabilization exercises  
Rotator cuff, deltoid and biceps strengthening

Return to contact sports at 6 months