

Patient: _____ Date of Surgery: _____

Procedure: Right/Left CC repair/reconstruction

Phase I (0-6 wks): *Period of protection*

Weight bearing: NWB, ok for typing if in sling.

Brace: Sling for 6 weeks at all times.

Ice: Not directly on skin, recommend as much as possible. 5x/day, 20 min/session for first 2 weeks. Then after activity at minimum.

ROM: PROM in all planes but abduction and FE <90°. No cross body abduction.

Exercises: AROM of elbow, wrist and hand with arm supported. Home pendulums encouraged. Begin multi-angle isometrics for cuff/deltoid/periscapular musculature.

Phase II (6-8 wks): *Advance range of motion*

Weight bearing: <5 lbs in operative arm

Brace: Discontinue sling after 6 weeks.

ROM: Advance PROM to tolerance, begin AAROM with pulleys.

Gradually progress to active FE and abduction to 90°. Still avoid cross body abduction.

Exercises: Advanced scapular stabilization and cuff exercises to gentle closed chain within pain free range. Start supine, progress to vertical.

Phase III (8-12 wks): *Progress to strengthening*

Weight bearing: Increase gradually at 10 wk with goal of full at 12 wk..

ROM: Advance PROM to tolerance, ok for cross body abduction.

Exercises: Continue with isometric and closed chain cuff and periscapular strengthening. Begin more functional exercises. Avoid open chain cuff resistance until after 12 weeks.

Phase IV (12 wks to 6 mo): *Advanced activities*

Weight bearing: Full

ROM: No limitation

Exercises: Start light gym weight training activities. Return to sport at MD discretion after 4.5 months

Frequency: _____x/week x _____weeks

By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary.

Date: _____

Dax Varkey MD, MPH