

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 adduction.

**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**