



Physical/Occupational Therapy Prescription

Name:

Date of Birth:

Diagnosis: Acromioclavicular separation Code: S43.109

Procedure: Coracoclavicular and Acromioclavicular ligament reconstruction

Surgery Date:

Instructions:

Range of motion:

- Sling immobilization for the first 6 weeks post-operatively. Ok to remove sling for exercises.
- Begin passive external rotation and supine passive flexion at 2 weeks post-operatively.
- Please also incorporate active range of motion of the hand, wrist, forearm, and elbow.
- No scapular range of motion exercises.
- Until 6 weeks post-operatively please avoid any motion or exercise in which the patient is upright and the arm is unsupported as this place the reconstruction at risk.

- At 6 weeks post-operatively progress to full upright range of motion working from passive to active-assisted to active range of motion.
- Incorporate scapular range of motion exercises at this point.

Strengthening:

- No lifting for the first six weeks post-operatively and no lifting greater than five pounds for the first 3 months post-operatively.
- Ok to begin rotator cuff, deltoid, and scapular stabilizer isometrics at 6 weeks post-operatively.
- Progress to bands and weights at three months post-operatively with a focus on the scapula.
- Wt. Limits: 10 lbs from 3-4.5 months, 20 lbs from 4.5 6 months, No limits after 6 months.
- Incorporate plyometrics and sport-specific exercises at 4.5 months post-operatively.
- Expected return to sport of 6 months.

Please provide with a home exercise program.

Modalities: Heat before and ice after therapy.

Frequency: 2-3 times/week

Duration: 6 weeks

Signature:

Date:

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