

## **Physical/Occupational Therapy Prescription**

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Diagnosis: Acromioclavicular separation Code: S43.109

Procedure: Coracoclavicular ligament reconstruction Surgery Date: \_\_\_\_\_

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### **Instructions:**

#### Range of motion:

- Sling immobilization for the first six weeks post-operatively. Ok to remove sling for exercises.
- Begin passive external rotation and supine passive flexion at two weeks post-operatively.
- Please also incorporate active range of motion of the hand, wrist, forearm, and elbow.
- No scapular range of motion exercises.
- Until six weeks post-operatively please avoid any motion or exercise in which the patient is upright and the arm is unsupported as this places the reconstruction at risk.
- At six 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 three months post-operatively.
- Ok to begin rotator cuff, deltoid, and scapular stabilizer isometrics at six weeks post-operatively.
- Progress to bands and weights at three months post-operatively with a focus on the scapula.
- Incorporate plyometrics and sport-specific exercises at 4.5 months post-operatively.
- Expected return to sport of 4.5-6 months.

Please provide with a home exercise program.

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### **Modalities**

Heat before and ice after therapy.

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Frequency: 3 times/week      Duration: 6 weeks

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Signature: \_\_\_\_\_ Date: \_\_\_\_\_