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Patient Name:

Date:

Date of surgery:

Visit per week:

PHYSICAL THERAPY PRESCRIPTION:

**AC JOINT AND CORACO-CLAVICULAR (CC) LIGAMENT RECONSTRUCTION WITH
ALLOGRAFT or AUTOGRAFT TENDON**

Weeks 0 to 2: Post Operative Phase (HEP)

Sling Immobilizer: At all times except for showering and exercise

Exercises: NO shoulder ROM
AROM wrist/elbow
Scapular “pinches”
Pendulums ok to start on week 2

Weeks 3-8: Phase I (HEP) Start with physical therapist for your program at week 3

Sling Immobilizer: At all times except for showering and exercise up to week 6.
Start to wane out of your sling between week 6 to 8.

Exercises: Passive supine ER to neutral and extension to neutral
Passive supine FF in scapular plane to 100

AROM wrist/elbow
Scapular “pinches”
Pain free submaximal deltoid isometrics in neutral position

Weeks 8-11: Phase II

Sling Immobilizer: NO SLING after week 8. Try to get out of your sling by week 6.

Exercises: Passive & Active assisted FF in scapular plane – limit 140 (wand exercises, no pulleys)
 Passive & Active assisted ER – no limits (go SLOW with ER)
 Manual scapular side-lying stabilization exercises
 IR/ER submaximal, pain free isometrics
 Modalities as needed

Advancement Criteria: FF to 140
 ER to 40
 Minimal pain and inflammation

Weeks 11-15: Phase III

Exercises: AAROM for full FF and ER
 AAROM for IR – no limits
 IR/ER/FF isotonic strengthening (start when full range)
 Scapular and latissimus strengthening
 Humeral head stabilization exercises
 Begin biceps strengthening
 Progress IR/ER to 90/90 position if required
 General upper extremity flexibility exercises

Advancement Criteria: Normal scapulohumeral rhythm
 Full upper extremity ROM
 Isotonic IR/ER strength 85% of uninvolved side
 Minimal pain and inflammation

Weeks 15-18: Phase IV

Exercises: Continue full upper extremity strengthening program
 Continue upper extremity flexibility exercises
 Activity-specific plyometrics program
 Begin sport or activity related program
 Address trunk and lower extremity demands

Begin Throwing program at week 18 if overhead athlete

- Begin light tennis ball tossing at 20-30ft. max at 60% velocity, work on mechanics of wind up, early cocking phase, late cocking phase, acceleration, and follow through
- Isokinetics at high speeds – with throwing wand if thrower, 240, 270, 300, 330, 360°/sec and up, 15 reps each speed
- Throwers begin re-entry throwing program on level surface (criteria to start program

- listed on re-entry throwing protocol)
- Continue strengthening and stretching programs
 - Emphasize posterior capsule stretching

Discharge Criteria:

- ☐ Isokinetic IR/ER strength equal to uninvolved side Independent HEP
- ☐ Independent, pain-free sport or activity specific program

Physician's Signature: _____

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