

**GARRETT COUNTY ORTHOPAEDICS**

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**CORACOCLAVICULAR LIGAMENT RECONSTRUCTION**  
or  
**MODIFIED WEAVER-DUNN PROCEDURE**

**Post-op Days 1 – 7**

POD 5: Change dressing  
Sling x 4 wks – even while sleeping  
Supported pendulum exercises  
Hand squeezing exercises  
Elbow and wrist AROM with shoulder in neutral position at side  
Stationary bike  
Ice pack PRN  
Sleep with pillow under arm for comfort

**Goal – Pain control**

**Weeks 1 – 4**

POD 14-21: Ortho follow up  
Continue sling x 4 wks  
Continue appropriate previous exercises  
Shoulder shrugs/scapular retraction without resistance  
Supine AAROM flexion to 90 degrees only  
Supine AAROM abduction to 60 degrees only  
AAROM ER as tolerated  
1-2 Finger isometrics – 6-way, pain-free

**Goals**

Supine AAROM: flex 90 degrees, abd 60 degrees  
Pain control

**Weeks 4 – 6**

D/C sling at 4 weeks  
Pendulum exercises  
Continue supine AAROM flex to 120 degrees and abd to 100 degrees only  
Light Theraband  
– External and Internal rotation with pillow or towel roll under arm  
– Flexion, Extension, Abduction, Adduction to 60 degrees max  
Scapular retraction exercises with Theraband  
Supine triceps strengthening with light weight  
Biceps curls with light weight

Treadmill – Walking progression program

**Goal** – Normal rotator cuff strength

**Weeks 6 – 8**

Continue appropriate previous exercises  
Supine AAROM full as tolerated  
Rotator cuff PREs with Theraband  
Body blade  
Push-ups against wall – hands below shoulder level  
UBE  
Elliptical trainer  
Treadmill – Continue walking program

**Goals**      **Supine AAROM to near full flex and abd**  
Walk 2 miles at 15 min/mile pace

**Weeks 8 – 10**

*Continue appropriate previous exercises*  
AAROM to tolerance with wand, pulley, wall climb – full range  
AROM in pain-free range  
Prone horizontal shoulder abduction PREs  
Rowing on Total Gym level 1-3  
Ball toss with arm at side  
Fitter, Stairmaster on hands  
Push-up progression – Wall to table  
Stairmaster  
Treadmill – Begin jogging  
Pool therapy

**Goal** – Full ROM

**Weeks 10 – 12**

Continue appropriate previous exercises  
Push-up progression – Table to chair to knees  
Ball toss overhead  
Treadmill – Running progression program

**Goals**

Run 2 miles

30 push-ups on knees

**Months 3 – 6**

Advance weight training program  
Push-ups – regular  
Continue aerobic conditioning  
Swimming

**Goals**

Resume all activities

*No contact sports until 6 months post-op*

Todd W. Feathers, MD  
Orthopaedic Surgeon