



# Mid-America Orthopedics

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## **Coracoclavicular Protocol**

### **Week 1-3:**

- PROM of the shoulder on affected side
- Arm support at all times
- No Pulleys or Pendulums
- Passive Forward ROM to 90\*
- Passive External Rotation to 20\*

### **Week 4-6:**

- Continue PROM; Goal of full ROM by 6 weeks

### **Week 6:**

- Can D/C Brace
- Active ROM can begin
- RC Isometrics

### **Week 12:**

- Isotonic Strengthening can begin

### **Week 16-24:**

- Sport Specific activities and return to full athletics