



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