



Dr Simon Hutabarat

Coracoclavicular Ligament Reconstruction

A synthetic ligament is the preferred method used

Pre-operative evaluation

Check for pre-morbid issues
Educate rehabilitation pathway
Ensure patient has information booklet

Complications and precautions – to be aware of

Infection
Rupture / loosening
Nerve damage
Pain

Phase I – in-patient stay

Immediate post op precautions
Check operation notes

Goals

Pain controlled
Protect surgical repair (2 weeks sling for comfort)

Day 1

Patient taught AROM
Supine hand and elbow AROM
Patient taught sling management, sleep positions and early functional advice for home
Physiotherapy follow up arranged for two weeks post-op
Clinic follow up with the surgeon arranged

Phase II – early outpatient treatment

Goals
Good pain management
Progress AAROM and AROM ranges
Ensure good movement pattern
Avoid heavy lifting 6 weeks

Week 2 to 6

Sleep position advice (avoid sleeping on affected side, sometimes its more comfortable semirecumbant)
AROM
Shoulder flexion to 90 degrees
ER and IR, resisted as tolerated
Early ADL advice
Movement re-education as required
Closed and open chain work

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