

the office of **DR. BETH E. SHUBIN STEIN** M.D.

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PT Prescription for CC Ligament Reconstruction (ANATOMIC)

2x/week x 12 weeks

Date:

Patient Name:

Week 1-6

- Pendulums
- Elbow, hand, wrist ROM
- Limit passive ER to 30 degrees
- Limit passive forward flexion to 90 degrees
- Gentle periscap isometrics

Week 6-8

- D/C sling
- ROM
- Distal and Periscap strengthening

Week 8-12

- Active ROM at 8 weeks

Week 12-24

- Strengthening at 12-16 weeks
- Sport specific exercise at 16-24 weeks

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