

Acromioclavicular/Coracoclavicular (AC/CC) Ligament Reconstruction Postoperative Rehab Protocol

Phase I: Weeks 0-4

- Sling to be worn at all times except for showering; avoid having the arm unsupported; no lifting >2 lbs
- Range of Motion
 - 0-4 weeks: No shoulder range of motion
- Therapeutic Exercise
 - Slow, small, gentle shoulder pendulum exercises with supervision of therapist
 - Elbow, wrist, and hand range of motion and grip strengthening
 - Modalities per PT discretion to decrease swelling and pain

Phase II: Weeks 4-6

- Continue sling except for showering and PT; avoid unsupported arm; no lifting >5 lbs.
- Range of Motion
 - 4-6 weeks: PROM: FF to 90°, abduction to 60°, ER to neutral, extension to neutral, IR to chest wall
- Therapeutic Exercise
 - Submaximal pain---free deltoid isometrics
 - Elbow, wrist, and hand range of motion and grip strengthening

Phase III: Weeks 6-12

- No lifting >5 lbs
- Range of Motion
 - 6-8 weeks: AAROM: FF to 120°, abduction to 90°, ER to neutral, extension to neutral, IR to chest wall
 - 8-10 weeks: AAROM/AROM: FF to 140°, abduction to 120°, ER/IR to 45 with arm abducted
 - > 10 weeks: AAROM/AROM: advance to full AROM in all planes.
- Therapeutic Exercise
 - Begin pain-free isometric rotator cuff and deltoid exercises at 6 weeks
 - Begin gentle rotator cuff and scapular stabilizer strengthening at 8 weeks
 - Continue elbow, wrist, and hand range of motion and grip strengthening

Phase IV: Months 4-6

- Range of Motion – Full without discomfort; no lifting restrictions
- Therapeutic Exercise - Advance strengthening as tolerated: isometrics -> therabands - >light weights
 - Scapular and lat strengthening
 - Humeral head stabilization exercises
 - Rotator cuff, deltoid and biceps strengthening
- Modalities per PT discretion

Comments:

Frequency: _____ times per week

Duration: _____

weeks

Signature: _____

Date: _____