

## Rehabilitation Protocol: Acromioclavicular/Coracoclavicular (AC/CC) Ligament Reconstruction with Allograft

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery : \_\_\_\_\_



### Phase I (Weeks 0-4)

- Sling to be worn at all times except for showering; avoid unsupported arm; no lifting >5 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/hand range of motion and grip strengthening
  - Modalities per PT discretion to decrease swelling/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/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/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 latisiumus strengthening
  - Humeral head stabilization exercises
  - Rotator cuff, deltoid and biceps strengthening
- Modalities per PT discretion

**Comments:**

**Frequency:** \_\_\_\_ **times per week**

**Duration:** \_\_\_\_\_ **weeks**

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_