



REHABILITATION GUIDELINES
ANATOMIC CORACOCLAVICULAR LIGAMENT RECONSTRUCTION

DOS:

Recommendations:

- Elbow must be supported at all times for 6 weeks post-op. Use sling but not swathe as it may pull the arm inferiorly
- No driving until 6 weeks post-op
- PROM limits: Forward elevation and abduction to 90 degrees for 6 weeks. IR/ER to tolerance**

WEEK 1:

DATE:

- Protection in immobilizer or sling
- Patient out of immobilization for elbow, wrist, and hand exercises
- Putty Exercises
- May begin bicep/triceps isometrics
- May begin PROM to pt. tolerance--Always supporting AC joint by supporting elbow
- Limit FF to 90 degrees
- PROM in all planes. Flx and Abduction limited to 90 degrees. ER/IR to tolerance
- AROM of elbow, wrist, and hand with arm supported

WEEK 2-4:

DATE:

- Continue sling
- May begin gentle Codman's Exercises
- Continue PROM—Supported within limitations
- Begin multi-angle isometrics submax
- Continue progressing PROM within limitations
- Scapular setting in sling
- Supine ER with wand

WEEK 4-6:

DATE:

- PRE strengthening program
- *May utilize ice throughout rehab program
- *NO shoulder weighting for 5-6 weeks
- Continue progressing PROM. Should have attained 90 degrees flx and abduction and 65-70 degrees IR/ER by 4 weeks
- Begin active side lying ER

WEEK 6-8:

DATE:

- Discontinue supportive sling (6 weeks)
- PROM to tolerance
- Begin AAROM flx and abduction to 90 degrees
- Begin scapular stabilization and rotator cuff exercises within pain-free range

WEEK 8:

DATE:

- Begin AROM
- Full AROM flx 170, ER 80-90, IR 90 by 12 weeks
- Progress parascapular and rotator cuff exercises
- Train extrinsic shoulder musculature (deltoids, biceps, and triceps)
- Plyback, advanced PNF with theraband, bodyblade, etc.



4-6 MO:

DATE:

- Sport specific activity
- No contact