

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

Phase I: Weeks 0 to 4 (Home Exercise Program)

Sling Immobilizer

- At all times except for showering; avoid unsupported arm; no lifting more than one pound

Range of Motion

- No shoulder range of motion (ROM)

Exercises

- Slow, small, gentle shoulder pendulum exercises in sling beginning at two weeks post-op
- Active range of motion (AROM) elbow/wrist
- Scapular “pinches”

Phase II: Weeks 4 to 8 (Initiate PT)

Sling Immobilizer

- Continue wearing sling except for showering and physical therapy (PT)/exercises; avoid unsupported arm; no lifting more than one pound
- May gradually discontinue after week six

Range of Motion

- Passive supine external rotation (ER) to neutral, extension to neutral, internal rotation (IR) to chest wall
- Passive supine forward facing (FF) and abduction in scapular plane to 90°
- Weeks 6 to 8: Okay to advance active assistive range of motion (AAROM) up to 90° (wand exercises, rope pulley)

Exercises

- Scapular “pinches”
- Pain-free submaximal deltoid isometrics
- Continue elbow/wrist ROM
- Modalities per PT discretion to decrease swelling/pain

Phase III: Weeks 8 to 12 (Motion Progression)

Range of Motion

- Weeks 8 to 10: AAROM/AROM – Up to 140° of FF/abduction, ER/IR to 45° with arm abducted
- After 10 weeks: AAROM/AROM – Advance to full AROM in all planes

Exercises

- Passive and active assisted FF in scapular plane; limit 140° (wand exercises, pulleys)
- Passive and active assisted ER; no limits (go SLOW with ER)
- Manual side-lying scapular stabilization exercises
- IR/ER pain-free, submaximal isometrics

Modalities

- As needed

Advancement Criteria

- FF to 160°
- ER to 40°
- Normal scapulohumeral rhythm
- Minimal pain and inflammation

Phase IV: Weeks 12 to 16 (Advance Strengthening)**Range of Motion**

- Advance to full AROM in all planes

Exercises

- AAROM for full FF and ER
- AAROM for IR; no limits
- IR/ER/FF isotonic strengthening
- Scapular and latissimus strengthening
- Humeral head stabilization exercises
- Begin biceps strengthening
- Progress IR/ER to 90/90 position if required
- General upper extremity flexibility exercises

Advancement Criteria

- Normal scapulohumeral rhythm
- Full upper extremity ROM
- Isokinetic IR/ER strength 85% of uninvolved side
- Minimal pain and inflammation

Phase V: Weeks 16 and Beyond (Return to Sport)**Exercises**

- Continue full upper extremity strengthening program
- Continue upper extremity flexibility exercises
- Activity-specific plyometrics program
- Begin sport or activity related program
- Address trunk and lower extremity demands