

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

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 latissimus strengthening
 - Humeral head stabilization exercises
 - Rotator cuff, deltoid and biceps strengthening
 - Modalities per PT discretion