



# Orthopaedic & Sports Medicine

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## Coracoclavicular Ligament Reconstruction Rehab Protocol

### *POST OPERATIVE MANAGEMENT*

- Pain control
- Sling x6 weeks

#### Week 0-4:

- Modalities as needed
- Pendulum exercises
- Isometric strengthening and ROM of the hand, wrist, and elbow

#### Week 4: **Begin formal Physical Therapy**

- Relative immobilization critical for healing of soft tissues
- Avoid all active ROM exercises
- Submaximal pain-free deltoid isometrics
- Continue hand, wrist, elbow ROM and strengthening

#### Week 4-6:

- PROM: FF- 90, Abduction-60, ER- neutral, Extension-neutral, IR-chest wall

#### Week 6-8:

- Discontinue sling
- AAROM: FF- 120, Abduction 90, ER- neutral, Extension-neutral, IR-chest wall
- Begin pain-free isometric rotator cuff and deltoid exercises (week 6)
- Begin gentle rotator cuff and scapular stabilizer strengthening (week 8)

#### Week 8-10:

- AAROM/AROM: FF-140, Abduction-120, ER-45 with arm abducted, Extension-neutral, IR- 45 with arm abducted

#### Week 10+:

- AAROM/AROM: Advance to full AROM in all planes

#### Months 4-6:

- ROM: Full without discomfort, no lifting restrictions
- Progress strengthening as tolerated: isometric→ theraband→ light weights
- Scapular and latissimus strengthening
- Humeral head stabilization exercises
- Rotator cuff, deltoid, and bicep strengthening

#### **Criteria for discharge:**

1. Full, pain free range of motion
2. Strength is equal bilaterally
3. Has met specific functional/activity goals
4. Has been cleared by physician