

REHABILITATION PROTOCOL: AC JOINT CORACOCLAVICULAR LIGAMENT RECONSTRUCTION

□ Phase 1 (Weeks 0-8)

- Immobilization in shoulder brace at all times except for showering and rehab under guidance of PT
- Range of motion
 - SUPINE range of motion exercises only during this time
 - Closed chain exercises
 - Avoid internal rotation behind the back, cross body adduction, and end-range forward elevation
- Therapeutic exercises
 - Elbow, wrist, hand range of motion
 - Grip strengthening
 - Scapular clock exercises progressed to scapular isometric exercises
 - Ball squeezes
- Heat/ ice before and after physical therapy sessions

□ Phase 2 (Weeks 8-12)

- Discontinue shoulder brace immobilization
- Range of motion
 - Increase to full forward flexion, external rotation, and abduction
 - Internal rotation behind the back ONLY IF patient can maintain scapular retraction while performing the exercises
- Therapeutic exercises
 - Closed-chain scapular exercises and kinetic chain activities
- Modalities per PT discretion

□ Phase 3 (Months 3-6)

- Range of motion
 - Progress to full AROM without discomfort
- Therapeutic exercises
 - Begin isotonic strengthening
 - Multilevel rowing exercises
 - Integration legs and trunk
 - Advanced strengthening such as Blackburn exercises integrated only after significant scapular control has been demonstrated
- Modalities per PT discretion