

Coracoclavicular Ligament Reconstruction Rehabilitation Guidelines

Post-op & Week 4	<ul style="list-style-type: none"> • Modalities as needed • Pendulum exercises • Isometric strengthening and ROM of the hand, wrist, and elbow
Week 4	<ul style="list-style-type: none"> • <i>Begin formal Physical Therapy</i> • 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	<ul style="list-style-type: none"> • PROM: <ul style="list-style-type: none"> ○ FF- 90 ○ Abduction-60 ○ ER- neutral ○ Extension-neutral ○ IR-chest wall
Week 6-8	<ul style="list-style-type: none"> • Discontinue sling • AAROM: <ul style="list-style-type: none"> ○ 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	<ul style="list-style-type: none"> • AAROM/AROM: <ul style="list-style-type: none"> ○ FF-140, Abduction-120 ○ ER-45 with arm abducted ○ Extension-neutral ○ IR- 45 with arm abducted
Week 6-7	<ul style="list-style-type: none"> • AAROM/AROM: <ul style="list-style-type: none"> ○ Advance to full AROM in all planes
Months 4-6	<ul style="list-style-type: none"> • 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