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Shoulder Coracoclavicular ligament reconstruction

0-6 weeks post op

- Arm in sling/immobilizer for 6 weeks
- Modalities as needed
- Pendulum exercises
- Isometric strengthening and ROM of the hand, wrist, and elbow

4 weeks post op → begin formal physical therapy

- Relative immobilization critical for healing of soft tissues
- Avoid all active ROM exercises
- Wear sling/immobilizer except for showering and PT
- Submaximal pain-free deltoid isometrics
- Continue hand, wrist, and elbow ROM and strengthening
- 4-6 weeks:
PROM → Forward Flexion to 90°, Abduction to 60°, External Rotation to neutral, Extension to neutral, Internal Rotation to chest wall

6-8 weeks post op

- D/C sling/immobilizer
- Begin pain-free isometric rotator cuff and deltoid exercises at 6 weeks
- Begin gentle rotator cuff and scapular stabilizer strengthening at 8 weeks
- 6-8 weeks:
AAROM → Forward Flexion to 120°, Abduction to 90°, External Rotation to neutral, Extension to neutral, Internal Rotation to chest wall

8-10 weeks post op

- 8-10 weeks:
Forward Flexion to 140°, Abduction to 120°, External Rotation to 45° with arm abducted, Extension to neutral, Internal Rotation to 45° with arm abducted

> 10 weeks post op

- >10 weeks:
AAROM/AROM → advance to full AROM in all planes

4-6 months post op

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