

Patient Name:

Patient Phone:

Surgery/DOS:

Surgeon:

ACROMIOCLAVICULAR/CORACOCALVICULAR (AC/CC) LIGAMENT RECONSTRUCTION REHABILITATION PROTOCOL

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
 - o Slow, small, gentle shoulder pendulum exercises with supervision of therapist
 - o Elbow/wrist/hand range of motion and grip strengthening
 - o 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
 - o Begin pain-free isometric rotator cuff and deltoid exercises at **6 weeks**
 - o Begin gentle rotator cuff and scapular stabilizer strengthening at **8 weeks**
- o 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
 - o Scapular and latissimus strengthening
 - o Humeral head stabilization exercises
 - o Rotator cuff, deltoid and biceps strengthening

Comments:

Modalities:

Dry Needling

Cupping

Electrical Stim

Soft tissue mobilization/Manual therapy/Graston

Per treating therapist

Signature _____ **Date** _____