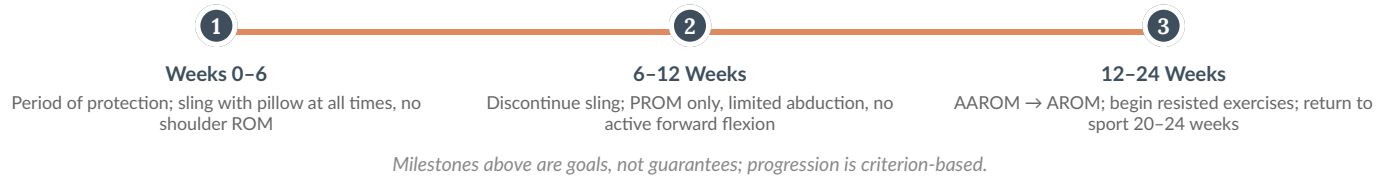


PT PROTOCOL

AC Joint — Coracoclavicular Ligament Reconstruction

Rehabilitation Protocol



Phase 1 Weeks 0–6

Sling: Sling with pillow, worn at all times except for hygiene. Period of protection — no formal physical therapy for the first 6 weeks.

Range of Motion

- No shoulder range of motion allowed.
- Elbow and wrist motion only.

Phase 2 Weeks 6–12

Sling: Discontinue sling with abduction pillow.

Range of Motion

- Passive range of motion as tolerated, beginning in the supine position, with abduction limited to 0–45° maximum.
- No cross-body adduction for 8 weeks.
- No active range of motion of forward flexion until 12 weeks.

Therapeutic Exercises

- Begin gentle isometrics in all planes: closed-chain scapular stabilizers, deltoid, and rotator cuff exercises, performed supine (or with gravity eliminated).
- Elbow, wrist, and hand strengthening, unlimited.
- Modalities per PT discretion: electrical stimulation, ultrasound, heat (before), ice (after).

Phase 3 Weeks 12–24

Range of Motion

- Progression from active-assisted to active range of motion, as tolerated.

Therapeutic Exercises

- Continue Phase 2 exercises, progressing to the upright position.
- Begin resisted exercises.
- Modalities per PT discretion.
- Consider return to sport at 20–24 weeks, pending surgeon approval.