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Rehabilitation Protocol

Acute Coracoclavicular Ligament Reconstruction

Phase I: Protect Repair *(0 to 6 weeks after surgery)*

- Patients may shower immediately over clear plastic, waterproof dressing
- Sutures are all underneath the skin and will dissolve on their own
- Ice or cold flow systems encouraged for the first week at a minimum: should be used 3-4 times per day.
- Sling should be worn at all times.
- Initiate exercise program:
 Immediate elbow, forearm and hand range of motion out of sling
- No lifting with involved extremity.
- AVOID scapular ROM exercises.

Phase II: Progress ROM & Protect Repair *(6 to 12 weeks after surgery)*

- May discontinue sling.
- Pendulum exercises
- Passive and active assistive ER at the side to 30, flexion to 130
- Initiate gentle rotator cuff strengthening.
- Initiate scapular AROM exercises.

Phase III: Full Function *(3 months after surgery)*

- Advance active and passive ROM in all planes to tolerance.
- Advance rotator cuff and scapular stabilizer strengthening.
- Initiate functional progression to sports specific activities at 5 months.
- Discontinue lifting restrictions after 5 months