



Coracoclavicular Ligament Reconstruction Rehabilitation Guidelines

Post-op &	Modalities as needed
Week 4	Pendulum exercises
	 Isometric strengthening and ROM of the hand, wrist, and elbow
Week 4	Begin formal Physical Therapy
	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	PROM:
WCCK 4 0	o FF- 90
	Abduction-60
	o ER- neutral
	 Extension-neutral
	IR-chest wall
Week 6-8	Discontinue sling
	AAROM:
	o FF- 120
	 Abduction 90
	o ER- neutral
	Extension-neutral
	o 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	• AAROM/AROM:
	o FF-140, Abduction-120
	ER-45 with arm abducted
	 Extension-neutral IR- 45 with arm abducted
Week 6-7	AAROM/AROM:
AACCU O-1	AANOW/ANOW. Advance to full AROM in all planes
Months 4-6	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

