
Coracoclavicular Ligament Reconstruction Rehabilitation Guidelines

Post-op & Week 4	<ul style="list-style-type: none"> Modalities as needed Pendulum exercises Isometric strengthening and ROM of the hand, wrist, and elbow
Week 4	<ul style="list-style-type: none"> <i>Begin formal Physical Therapy</i> 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	<ul style="list-style-type: none"> PROM: <ul style="list-style-type: none"> FF- 90 Abduction-60 ER- neutral Extension-neutral IR-chest wall
Week 6-8	<ul style="list-style-type: none"> Discontinue sling AAROM: <ul style="list-style-type: none"> FF- 120 Abduction 90 ER- neutral Extension-neutral 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	<ul style="list-style-type: none"> AAROM/AROM: <ul style="list-style-type: none"> FF-140, Abduction-120 ER-45 with arm abducted Extension-neutral IR- 45 with arm abducted
Week 6-7	<ul style="list-style-type: none"> AAROM/AROM: <ul style="list-style-type: none"> Advance to full AROM in all planes
Months 4-6	<ul style="list-style-type: none"> 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