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Rehabilitation Protocol: Acromioclavicular/Coracoclavicular (AC/CC) Ligament Reconstruction with Allograft

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

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

Comments:

Frequency: _____ times per week

Duration: _____ weeks

Signature: _____

Date: _____