

Acromioclavicular Repair/Coracoclavicular Ligament Reconstruction with Allograft Protocol

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Protection Phase 1 (0-4 weeks)

Goals:

- Allow/promote healing of repaired/reconstructed joint/ligaments
- Decrease pain and inflammation (modalities)
- Retard muscular atrophy

Precautions

- Sling **worn at all times (even when sleeping)** with exception of bathing, avoid unsupported arm
- No lifting > 5 lbs

Exercises

- Gripping exercises with putty, grip strengthening
- Active elbow flexion-extension and pronation-supination
- Active ROM cervical spine
- No shoulder ROM
 - gentle pendulum exercises under supervision of therapist

Cryotherapy: Ice after exercises for 20 minutes. Ice up to 20 minutes per hour to control pain and swelling.

Phase 2 (Weeks 4-6)

Goals:

- Allow/promote healing of repaired/reconstructed joint/ligaments
- Decrease pain and inflammation (modalities)
- Retard muscular atrophy

Precautions

- Continue sling with exception of bathing and working with therapist, avoid unsupported arm
- No lifting > 5 lbs

Exercises

- Elbow/wrist/hand ROM exercises and grip strengthening
- **Shoulder PROM** to 90° Flexion, Abduction to 60°, IR to chest, ER to neutral, Extension to

neutral

- Submaximal pain free deltoid isometrics

Note: In general, all exercises begin with one set of 10 repetitions and should increase by one set of 10 repetitions daily as tolerated to five sets of 10 repetitions.

Phase 3 (Weeks 6-12)

Goals:

- Allow/promote healing of repaired/reconstructed joint/ligaments
- Progress nonpainful ROM and progress to normal Arthrokinematics
- Improve neuromuscular control

Exercises

- Elbow/wrist/hand ROM exercises and grip strengthening
- Pain free isometric rotator cuff and deltoid at **6 weeks**
- Gentle rotator cuff and periscapular strengthening at **8 weeks**

Weeks 6-8

- A/AROM to AROM to 120° Flexion, Abduction to 90°, IR to chest, ER to neutral, Extension to neutral

Weeks 8-10

- A/AROM to AROM to 140° Flexion, Abduction to 120°, IR/ER to 45° in Abduction

Weeks 10+

- A/AROM to AROM advanced to full in all planes

Phase 4 (Months 3-6)

Criteria for Progression to Phase 4

- Full, nonpainful ROM
- No complaints of pain/tenderness
- Satisfactory clinical exam

Goals:

- Enhance strength, power and endurance
- Improve neuromuscular control
- Progressively increase activities to prepare patient for unrestricted functional return to activities

Exercises

- Theraband and dumbbell exercises
- Continue strengthening exercises for scapular, biceps, deltoid, and rotator cuff muscles
- Progress to functional activities needed for ADL's and sport