



## Coracoclavicular Ligament Repair/Reconstruction

### Phase I – Immediate Post-Surgical (Week 1-6)

Goals:

- Protect surgical repair
- Decrease pain & inflammation
- Enhance scapular function
- Achieve appropriate range of motion

Precautions:

- Remain in sling, only remove for showering  
**Strict sling wear for 6 weeks**
- No weight bearing with operative shoulder (no lifting)

Weeks 1-4:

- Sling at all times except showering
- Sleep with sling
- Shower with operative arm held at the side
- Elbow, hand and wrist motion only
- Ball squeezes
- Begin pendulum exercises
- Cryotherapy for pain and inflammation

Week 5-6:

- Normalize scapular position and stability
- Begin isometrics of scapular stabilizers
- Begin submaximal, pain-free rotator cuff isometrics in neutral
- Begin gentle, non-painful, passive glenohumeral range of motion
  - Forward elevation to 90 degrees in plane of scapula
  - Abduction 60 degrees
  - External rotation to 30 degrees at 0 degrees of abduction

### Phase II – Protection (Weeks 7-12)

Goals:

- Gradually restore PROM of shoulder
- Do no overstress healing tissue

Precautions:

- No weight bearing with operative shoulder (no lifting)

Weeks 7-8

- Wean off sling use
- Continue isometrics of scapular stabilizers
- Begin gentle, non-painful, passive glenohumeral range of motion
- Start active assist range of motion (AAROM), non-painful
  - Forward elevation to 135 degrees in plane of scapula



- Abduction 90 degrees
- External rotation to 30 degrees at 0 degrees of abduction

#### Week 9-12

- Start active range of motion (AROM) as tolerated

#### **Phase III – Intermediate (Week 13-16)**

##### Goals:

- Independence with ADLs
- Enhance strength and endurance

##### Precautions

- No heavy lifting with affected arm (<10 pounds)

#### Weeks 13-16

- AROM and PROM as needed to restore normal range of motion
- Start light resistance band rotator cuff strengthening exercises
- Scapular retraction strengthening
- Begin gentle isotonic and rhythmic stabilization techniques for rotator cuff strengthening (open and closed chain)
- Progress rotator and scapular stabilizers strengthening

#### **Phase IV – Strengthening (Week 17+)**

##### Goals:

- Maintain full non-painful AROM
- Normalize muscular strength, stability and endurance
- Gradually progress activities to full function

##### Precautions:

- Avoid contact sports/activities

#### Weeks 17-20

- Continue stretching and PROM in all planes to tolerance
- Progress muscular strengthening, stability and endurance, progress to full function

#### Weeks 21+

- Continue stretching and strengthening
- Can begin generalized upper extremity weight lifting with low weight and high repetitions
- Can begin golf, tennis, ect.
- May initiate interval sports program (if applicable)

#### **Criteria to Return to Sport**

- Surgeon clearance
- Pain free shoulder function
- Adequate active and passive range of motion necessary for required sport/activity
- Greater than 90% strength as compared to the non-operative shoulder