



Duke Sports Medicine

Coracoclavicular Ligament Reconstructions Rehabilitation Protocol

Jonathan Dickens, MD
 3475 Erwin Rd, Durham NC 27705
 P: 919-684-0493
 F: 919-681-6357
 Professor of Orthopedic Surgery
 Sports Medicine: Knee, Shoulder, Hip

PHASE I: Generally 0 - 6 Weeks Post-Op						
GOALS:	1) Protect surgical repair 2) Minimize pain and swelling					
PRECAUTIONS:	1) Sling to be worn at all times for 6 weeks; gradually wean at 6-8 weeks 2) No shoulder motion 0-4 weeks					
	weeks	Flexion	Abduction	Extension	IR	ER
	0-4	NO shoulder motion				
	4-6	PROM- 90	PROM- 60	PROM- neutral	PROM- chest	PROM- neutral
	6-8	AAROM - 120	AAROM-90	AAROM - neutral	AAROM- to chest	
	8-10	140	120	30	45 with arm abducted	45 with arm abducted
	>10	Full ROM in all planes				
WOUND:	Post-op dressing remains intact until post-op day #2 (~48 hours after surgery) May shower after post-op day #2 (no need to cover incision site) Do NOT submerge shoulder in tub or pool for 4 weeks Suture removal @ 10-14 days post-op, per Ortho/PT					
CRYOTHERAPY:	Cold with compression/elevation (e.g. CryoCuff, ice with compression wrap) <ul style="list-style-type: none"> every hour for 15 minutes for the first 24 hours, until acute inflammation is controlled After acute inflammation is controlled: 3x per day for 15 minutes or longer as tolerated 					
REHABILITATION:	Frequent use of CryoCuff and/or ice Begin scar massage after incision site sloughs/scar is formed Perform the following rehabilitation exercises					

0-4 weeks	Slow, small, gentle shoulder pendulum exercises Elbow, wrist, hand ROM and grip strengthening Modalities per PT to decrease swelling/pain
5-6 weeks	Begin PROM Begin pain free submaximal isometric RTC and deltoid exercises
FOLLOW-UP:	Supervised rehab: 1-2x per week PT re-eval: ~10-14 days Ortho re-eval: ~2 weeks

PHASE II: Generally 7-12 Weeks Post-Op

PHASE II GOALS:	1) Regain pain free AROM
PRECAUTIONS:	1) No lifting >5 lbs
REHABILITATION:	Continue Phase I exercises as needed Progress to the following exercises and increase intensity gradually when patient is ready (i.e. no increase in shoulder pain or effusion since the previous exercise session)
7-9 weeks	Continue pain free submaximal isometric RTC and deltoid exercises Continue elbow/wrist/hand ROM and grip strengthening Initiate gentle scapular stabilizer strengthening
10 weeks	Begin gentle RTC strengthening
FOLLOW-UP:	Supervised rehab: 1-2x per week PT re-evaluation: ~10-14 days Ortho re-evaluation: ~2 weeks

PHASE III: Generally 4-6 Months Post-Op

GOALS:	1) Full ROM 2) Push-up Progression 3) Meet occupational requirements at 6 months 4) Pain-free functional/sports drills at 6 months
PRECAUTIONS:	None
REHABILITATION:	Continue Phase II exercises as needed Progress to the following exercises and increase intensity gradually when patient is ready

	Advanced specific, functional, and individualized training to achieve Phase 3 goals (i.e. lift, pull, carry, and climb in unloaded/loaded conditions)
13+ weeks	Progress strengthening: isometrics, therabands, light weights Scapular Strengthening Rotator Cuff Specific strengthening Biceps Strengthening
FOLLOW-UP:	Supervised rehab: 1-2x per week as needed with gradual transition to home program PT re-eval: monthly Ortho re-eval: ~6 months post-op
MISCELLANEOUS:	- Pass Service fitness test at 9-12 months - Progress activities for return to sport/collision sports or aggressive military training (i.e. airborne school) based on the patient's functional performance and endurance. This time period will be directed by the Ortho Surgeon and the Physical Therapist. This may require between 6-12 months before cleared without restrictions.