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Coraco-clavicular Ligament Reconstruction Rehabilitation Program

Phase One (0-6 weeks)

- Shoulder immobilizer – remove for exercises and hygiene (can d/c at 4 weeks if patient comfortable).
- Decrease pain.
- Supine PASSIVE ROM as tolerated avoiding shoulder extension and horizontal adduction.
- Modalities.
- Therapeutic Exercises
 - Closed chain scapular stabilizers, deltoid, and rotator cuff while supine or with eliminated.
 - ROM and strengthening elbow and shoulder isometric exercises.

Phase Two (6- 12 weeks)

- Active ROM in prone position.
- Progress ex. In phase 1, active-assisted strength ex. In all ROM's, vertical positioned strength ex. Begin at 12 weeks.
- Watch out for capsular contractures.

Phase Three (12- 24 weeks)

- Progress to full active ROM in all planes.
- Advance strengthening as tolerated.
- Progress exercises from previous phases
- Begin sport specific exercises.
- Increase strength of the entire shoulder complex musculature.
- Isotonic dumbbell shoulder flexion, abduction, shrugs, and bench press.
- Progress to Plyometric drills of the upper extremity.