

CC Ligament reconstruction (AC Joint Reconstruction)

GENERAL CONSIDERATIONS:

- DO NOT elevate surgical arm above 70 degrees in any plane for the first 4 weeks post-op
 - DO NOT lift any objects over 5 pounds with the surgical arm for the first 6 weeks
 - AVOID EXCESSIVE reaching and external/internal rotation for the first 6 weeks
 - Ice shoulder 3-5 times (15 minutes each time) per day to control swelling and inflammation
 - An arm sling is used for 4 weeks post-op
 - Maintain good upright shoulder girdle posture at all times and especially during sling use
 - M.D. follow-up visits at day ~10, 6 weeks, 12 weeks, 6 months, 1 year postop.
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WEEK 1:

- Exercises (3x per day):
 - 1) Pendulum exercises
 - 2) squeeze ball
 - 3) triceps and biceps training with Theraband
 - 4) isometric rotator cuff external and internal rotations with arm at side
 - 5) isometric shoulder abduction, adduction, extension and flexion with arm at side

Begin exercises only after first trained by a physical therapist.

WEEKS 2 - 4:

- M.D. visit at 8-10 days for suture removal and check-up
- Use of strapping tape for secondary AC compression and support (optional)
- Soft tissue treatments for associated shoulder and neck musculature for comfort

WEEKS 4 - 8:

- M.D. visit at Week 4 post-op and will usually be progressed to a more aggressive ROM and strength program
 - At Week 4: start mid-range of motion (ROM) rotator cuff external and internal rotations active and light resistance exercises (through 75% of ROM as patient's symptoms permit) without shoulder elevation and avoiding extreme end ROM
 - Strive for progressive gains to 90 degrees of shoulder flexion and abduction
 - UBE (week 10)
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WEEKS 8 - 12:

- Seek gentle full shoulder ROM in all planes-- especially with flexion, abduction, external rotation and internal rotation
 - Increase manual mobilizations of soft tissue as well as glenohumeral and scapulothoracic joints for ROM
 - Exercises: wand exercises, ROM shoulder pulleys, scapular training (rows, protraction, lower trapezius work, etc.), PNF
 - No overhead lifting
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WEEKS 12 AND BEYOND:

- Start a more aggressive rotator cuff program as tolerated
- Start progressive resistance exercises with weights as tolerated
- Continue to seek full shoulder range of motion in all planes
- Increase the intensity of strength and functional training for gradual return to activities and sports
- Return to specific sports is determined by the physical therapist through functional testing specific to the targeted sport