



JOINT PRESERVATION INSTITUTE

Coracoclavicular Ligament Reconstruction Rehabilitation Protocol

Avoid activities that lead to sustained pain.

0-6 weeks

Shoulder immobilizer at all times when not doing pendulum exercises or under direct PT supervision.

Pendulum exercises 2-3 times per day for 5 minutes.

Very gentle active assisted ROM, no resistance.

6-12 weeks

OK to discontinue brace.

Continue active assisted exercises. NO RESISTANCE.

Core strengthening especially transversus abdominis, multifidus

Greater than 12 Weeks.

Isometric exercises

Continue active assisted and gentle active ROM no more than 1 lb

Work on passive ROM in all planes.

Core strengthening especially transversus abdominis, multifidus