

AC (CC Ligament) Reconstruction with allograft augmentation Protocol
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**** Please keep in mind, these are guidelines only. Other than specifics regarding slingwear and specific limitations, I trust your expertise to provide the best treatment strategy for my patients** if there are any questions don't hesitate to contact, myself or my team**

General Precautions:

Soft grafting is used by passing around the underside of the coracoid and up through 2 bone tunnels drilled into the clavicle. Tissue healing must consider tendon healing in a bone tunnel graft maturation.

1. Sling use for 6-8 weeks
2. Pendulums, wrist, hand elbow only for 6 weeks, with PT and passive ROM at 6 weeks
Active ROM beginning at 8 weeks
3. Refrain from all strengthening until 12 weeks
4. If autograft, consider secondary site and progress routine accordingly for lower extremity exercise

Phase 1: Protected Motion (0-4 weeks)

GOALS:

- Maximally protect the surgical repair
- Initiate ROM exercises
- Patient education on postoperative restrictions
- Minimize shoulder pain & inflammatory response
- Minimize effects of immobilization

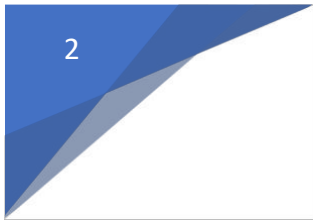
PRECAUTIONS:

- Limit use of UE/avoid lifting arm in early post-operative phase
- Towel roll placed underneath arm during ROM for support
- Use of sling for 4-6 weeks with proper use in neutral positioning
(discharged by physician, set-up weaning schedule)
- ROM should be gradual and never forced
- Refrain from horizontal abduction & adduction ROM
- Avoid downward pulling or traction to arm

Phase 2: Intermediate Phase/Initial Strengthening (6-12weeks)

GOALS:

- Gradually regain full ROM
- Improve rotator cuff and scapular strength
- Normalize scapulohumeral rhythm



- Increase neuromuscular control

PRECAUTIONS:

- Towel roll placed underneath arm during ROM for support
- ROM should be gradual and never forced
- No shoulder press, bench press, or peck deck exercises

Phase 3: Dynamic Strengthening Phase (12-16 weeks)

GOALS:

- Improve rotator cuff and scapular strength & muscular endurance
- Increase reactive neuromuscular stabilization
- Prepare athlete for overhead requirements

PRECAUTIONS:

- Do not increase stress to shoulder in a short period or uncontrolled manner
- Do not progress into activity-specific training until full ROM and strength are achieved
- Gradually load UE CKC (weight bearing) activity per below guidelines
- If patient does not perform velocity dependent tasks during work/sport/ADLs do not perform plyometrics

Phase 4: Advanced Strengthening & Return to Sport (>16 weeks)

GOALS:

- Improve rotator cuff and scapular strength, power & muscular endurance
- Increase reactive neuromuscular stabilization
- Prepare athlete for overhead requirements

PRECAUTIONS:

- Do not increase stress to shoulder in a short period or uncontrolled manner
- Do not progress into activity-specific training until full ROM and strength are achieved
- Gradually load UE CKC (weight bearing) activity per below guidelines
- If patient does not perform velocity dependent tasks during work/sport/ADLs do not perform plyometrics