

Shoulder AC/CC Ligament Repair Post-op Physical Therapy Protocol

***Blood Flow Restriction (BFR) encouraged at all stages**

Week 0-4 Primary goals: protect repair

- Sling for 4 weeks at all times except for hygiene or elbow motion
- Elbow/Hand ROM, ball squeezes
- Scapular stabilization exercises
- Ice 3-4x daily

Week 4-6 Primary goals: initiate shoulder ROM

- Begin to wean from sling
- Continue scapular stabilizers, elbow ROM and ball squeezes
- Shoulder PROM (pendulums, broom handle or door jam assistance)
 - Forward Flexion to 90 degrees, Abduction to 60 degrees, ER to neutral
 - Pain free deltoid isometrics
- Begin stationary bike or elliptical machine without moving handles

Week 6-12 Primary goals: Increase motion and begin strengthening

- Gradually improve ROM
 - 6-8wks: AAROM/AROM FF to 120 degrees, Abduction 90 degrees, ER neutral
 - 8-10 wks: AAROM/AROM FF to 140 degrees, Abduction to 120, ER/IR to 45
 - 10-12 wks: advance to full AROM in all planes
- Strengthening
 - No lifting over 5 lbs
 - 6wk: begin pain free isometrics RC
 - 8wks: begin light RC strength
 - Continue scapular strengthening
- May begin treadmill or outdoor jogging, outdoor cycling
- May incorporate Blood Flow Restriction (BFR)

Week 12-20 Primary goals: Functional strengthening

- No ROM restrictions
- Continue scapular strengthening, advance open/closed chain strengthening
- Begin plyometric and other sport-specific activities

Rotator cuff isometric

