Post-operative Rehabilitation Protocol
CC Ligament Reconstruction

1-3 WEEKS POST-OP:
✓ Sling x 6 weeks post-op
✓ Passive supine elevation using the opposite hand. Passive ER to neutral.
✓ Modalities, cryocuff prn
✓ Hand, wrist, elbow, PRE’s
✓ Begin scapular strengthening program, in protective range
✓ Deltoid isometrics

3-6 WEEKS POST-OP:
✓ Advance joint mobilization & PROM (passive supine elevation to tolerance, passive ER to 30 degree)
✓ Deltoid isometrics
✓ Modalities as needed
✓ Begin sub-maximal IR / ER isometric exercises in neutral, arm at side (week 5)
✓ Continue scapular strengthening

6-9 WEEKS POST-OP:
✓ Begin Theraband IR / ER week 6
✓ ROM activities, emphasize flexion. Gentle passive stretch to tolerance forward flexion
✓ Deltoid isotonics in scapular plane, only after positive rotator cuff strength is determined (esp. flexion)
✓ Continue with scapular PRE’s. Begin biceps PRE’s.
✓ Continue with modalities, prn.
✓ Progress Rotator cuff isotonics
✓ Continue with aggressive scapular exercises
✓ Upper extremity PRE’s for large muscle groups, i.e. pects, lats, etc.
✓ Begin isokinetic program, IR / ER emphasize eccentrics
✓ Continue with flexibility activities

9-16 WEEKS POST-OP:
✓ Aggressive upper extremity PRE’s
✓ IR / ER isokinetics, velocity spectrum
✓ Begin plyometric program for overhead athletes
✓ Continue with throwing and racquet program if appropriate
✓ Posterior capsule stretching after warm-ups

16+ WEEKS POST-OP:
✓ Functional Exercises, Isokinetics, Plyometrics, Sports Specific Rehab