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### **Anatomic AC Reconstruction Protocol:**

The patient underwent an anatomic AC and CC ligament reconstruction. A Zanca and an ax lateral x-ray are to be taken at the first postop visit and then once again at the 6-week postop visit. Postop rehabilitation is to include Codman's with PROM during the first week. A sling is to be used at all times for the first 6 weeks except when doing pendulums 3 times a day. Active elbow and wrist flexion and extension are encouraged out of the sling so long as the patient's elbow remains at their side. Supervised physical therapy begins at 4 weeks from the date of surgery with AAROM below shoulder height, at 6 weeks supervised AAROM and AROM above shoulder height are initiated. Strengthening begins at 12 weeks. Contact athletes usually return to sport at 6 months when they have achieved full strength and pain free range of motion.