

## Rehabilitation Protocol

### AC Joint Reconstruction

Sling for 5 Weeks (May remove when at rest as tolerated)

#### Post-OP Week 0-3:

Goals:

#### Begin:

1. Minimize pain and inflammation
2. Full elbow and wrist ROM
3. Home exercise program
4. Protect fixation from weight of arm or anything over 5 lbs
  - \* AVOID elevation past 90° for first 4 Weeks
  - \* AVOID excessive reaching and IR/ER for first 5 Weeks

Exercises:

1. Pendulums, ball squeezes
2. Theraband triceps and biceps exercises
3. Isometric rotator cuff IR/ER, shoulder Abd/Add, flex, ext with arm at side ONLY

#### Post-OP Weeks 4-7:

Goals:

#### Begin:

1. Progressive shoulder ROM to 90° flexion/abduction
2. Minimize pain/swelling
3. Avoid stressing fixation

Exercises:

1. Continue pendulums/PROM
2. Begin supine ER and forward flexion to full as tolerated, begin IR to full as tolerated
3. Week 6: Begin AROM with terminal stress to prescribed limits as tolerated
4. Week 7: Begin standing forward punches, seated rows, shoulder shrugs, bicep curls, bear hugs

#### Post-OP Weeks 8-11:

Goals:

#### Begin:

1. Minimize overhead activities
2. Begin maximizing gentle ROM in all planes

Exercises:

1. Begin manual mobilizations of soft tissue, GH and scapulothoracic joints for ROM
2. Begin stick ROM, shoulder pulleys, scapular stabilizations and PNF patterns

#### Post-OP Weeks 12+:

Goals:

#### Begin:

1. Progressive increases in strength and endurance
2. Full ROM in all planes
3. Begin return to sport-specific exercises

Exercises:

1. Begin aggressive rotator cuff strengthening program
2. Maximize ROM in all planes
3. Increase strength and functional training for gradual return to activities
4. Return to specific sports determined by PT and MD clearance

## LOCATIONS

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