



Acromioclavicular (AC) Joint Reconstruction

<u>Postop</u>	<u>Goals</u>	<u>Range of Motion</u>	<u>Shoulder immobilizer</u>	<u>Exercises</u>
Phase I Weeks 0-8 PT 1-2x/week HEP daily	Edema and pain control Protect surgical repair	Gentle supine PROM as tolerated <u>avoid horizontal adduction</u>	0 – 6 weeks: Remove ONLY for exercises and hygiene which should be performed supine with gravity eliminated Keep elbow and shoulder supported by keeping immobilizer tight and secure.	Closed chain scapular stabilizers, deltoid and rotator cuff while supine or with gravity eliminated ROM and strengthening: elbow and shoulder isometric exercises
Phase II Weeks 8-16 PT 2-3x/week HEP daily	Begin active ROM in prone position Protect surgical repair	AROM as tolerated in <u>prone position</u>	None	Progress Phase I exercises Active assisted strength work in all ROMs Begin vertical positioned strengthening at 12 weeks
Phase III Weeks 16-24 PT 2-3x/week HEP daily		Progress to full AROM in all planes	None	Advance strengthening as tolerated Progress Phase I and Phase II exercises Begin sport-specific exercises after week 20 when cleared by MD