



AC Joint/ CC Ligament Reconstruction

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
Weeks 0-4 PT ~1x/week HEP daily	Protect surgical repair Edema and pain control Sling immobilization	Sling at all times including sleep Remove for hygiene & exercises	Sidelying scapular stabilization Elbow, wrist, hand ROM Gripping exercises
Weeks 4-8 PT ~1-2x/ week HEP daily	Protect surgical repair Restore ROM	Sling except shower & exercises No ER >45° until 6 weeks No FF >120° until 6 weeks	Sidelying scapular stabilization Supine deltoid, biceps, triceps, rotator cuff isometrics (gravity eliminated) Supine PROM: FF 120°, ER 45°
Weeks 8-16 PT ~2-3x/ week HEP daily	Full ROM Normalize scapulohumeral rhythm throughout ROM Restore strength 5/5	DC sling at 8 weeks Avoid painful ADL's Avoid rotator cuff inflammation Avoid excessive passive stretching OK to begin running/cycling at 12 weeks	AROM as tolerated in PRONE position AA/PROM no limits Continue scapular stabilization Begin resistive strengthening for scapula, biceps, triceps, and rotator cuff (supine → vertical position at 12 weeks) Endurance: begin upper body ergometer (UBE) at 12 weeks
Weeks 16-24 PT ~1-2x/ week HEP daily	Full ROM and strength Improve endurance Prevent re-injury	Avoid painful activities No contact/racket/throwing sports Return to sport (MD directed)	Advance eccentric training Initiate plyometrics Advance endurance training Sport specific activities Throwing/racquet program ~5 months Contact sports 6+ months

Physician's Signature:  _____