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AC JOINT RECONSTRUCTION PROTOCOL

Phase I (1 -5 days post-op)

- Edema: Edema control interventions
- Sling: sling worn continuously except in therapy or during exercise sessions until 4 weeks
- ROM: Scapular retractions; A/PROM of the elbow, wrist, and digits
- Strengthening: Isometric grip strengthening
- Modalities: PRN for pain & inflammation

Phase II (5 days - 4 weeks post-op)

- Edema: edema control interventions
- Sling: sling worn continuously except in therapy or during exercise sessions until 4 weeks.
- Supine only exercises

Phase III (4 wks - 10 wks post-op)

- Wound: Monitor site/scar management techniques
- Edema: Edema control interventions
- Sling: Discontinue pillow on sling at 4 wks. Sling continue to be worn outdoors or in public settings for an additional 2 weeks. Discontinue sling at 6 wks post-op.
- **Week 6**
 - o ROM:
 - Begin PROM of the shoulder to flexion 90 degrees and abduction 90.
 - PROM IR and ER: begin as tolerated in painfree range with arm at 0-45 degrees of abduction, progress 90 degrees abduction at 8 wks post-op.
 - Begin pulleys to 90 degrees of flexion only.
 - Note: Restrict horizontal abduction and adduction of the shoulder.
 - o Strengthening:
 - Isometric strengthening: IR, ER, abduction, extension and bicep/tricep
 - No resisted shoulder flexion
- **Week 7**
 - o ROM:
 - A/AAROM may begin within the same range as allowed for PROM week 6 (flexion 90, abd 60)
 - A/AAROM IR/ER in neutral or 0 degrees of abduction.
- **Week 8 - 10**
 - o ROM:



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- Gradually progress to full painfree PROM
- Begin PROM IR/ER stretching at 90 degrees of abduction
- Strengthening:
 - Gradually progress to full AROM
 - Begin *light* resisted shoulder flexion
 - Begin rhythmic stabilization exercises for the shoulder for flexion and extension avoiding resisted horizontal add and abd
 - IR/ER strengthening below 90 degrees of shoulder elevation
 - May begin UBE and PNF
 - Initiate *light* isotonic resistance program
 - No shoulder press, bench press, pectoral deck, pullovers, resisted horizontal abduction and adduction

Phase IV (10 wks + post-op)

- Week 10

- Strengthening:
 - Continue to progressive resisted strengthening for the shoulder
 - Initiate light bench press and shoulder press with dumbbells (progress weight slowly)
 - Initiate lat pull downs and rows
 - Progress resisted PNF patterns
 - Initiate strengthening of external and internal rotation at 90 degrees of abduction

- Week 12

- Strengthening:
 - Progress resistance exercise levels and stretching
 - Progress to closed chain strengthening activities
 - Transition to weight room strengthening and initiate interval sports program (Per MD approval)
 - Progress to Work Conditioning Program or Sports Specific Training (per MD approval)