

AC Joint Repair/Reconstruction Rehabilitation Protocol

1. Weeks 0-6
 - a. Sling at all times
 - i. Exceptions: Active ROM of neck, elbow, wrist, and hand 3-4 times/day
 - b. Passive Forward Elevation to less than 90 degrees
 - c. Passive Internal and External rotation below shoulder level as tolerated
 - d. Sling wear when not performing Exercises
 - e. DO NOT DO THE FOLLOWING MOTIONS:
 - i. NO Active Shoulder Motion
 - ii. NO Motion above 90 degrees (level of shoulder)
 - iii. NO Pendulum exercises
 - iv. NO lifting or running (stationary bike okay/encouraged)
 - f. **Importance of Sling cannot be overemphasized; the longer amount of time the arm is out of sling, the greater amount of traction is placed across the AC joint and the repair site**
2. Weeks 6-8
 - a. Discontinue Sling
 - b. Passive ROM in all planes
 - c. GOAL: Establish full ROM by week 12
3. Weeks 8-12
 - a. Periscapular Strengthening Exercises Started
 - b. Rotator Cuff Strengthening Started (TheraBand)
 - c. Goal: Full active shoulder ROM on week 12
4. Weeks 12-16
 - a. Generalized Upper extremity strengthening started
 - b. Overhead activity can be started
 - c. Light swimming workout as tolerated/available
5. 4-6 Months
 - a. When strength of affected extremity is equal or greater than 80%, then start sport specific training
 - b. Increase Resistance and weight training as tolerated
6. 9-12 Months
 - a. Cleared to return to full activity as tolerated