

Acromioclavicular (AC) Joint Reconstruction Rehabilitation Protocol

POST-OP DAYS 1 – 7

- Sling x 4 weeks – Even while sleeping
 - Place pillow under shoulder / arm while sleeping for comfort
- Hand squeezing exercises
- Elbow and wrist active motion (AROM) with shoulder in neutral position at side
- Supported pendulum exercises
- Ice pack

GOAL

- Pain control

WEEKS 1 – 4

- Continue sling x 4 wks
- Continue appropriate previous exercises
- Active assisted motion (AAROM) supine with wand
 - Flexion to 90 degrees
 - Abduction to 60 degrees
 - ER as tolerated
- Gentle shoulder shrugs / scapular retraction without resistance
- 1-2 Finger Isometrics x 6 (fist in box)
- Stationary bike (must wear sling)

GOALS

- Pain control
- AAROM Flexion to 90 degrees, Abduction to 60 degrees

WEEKS 4 – 6

- D/C Sling
- Continue appropriate previous exercises
- AAROM supine with wand – ER as tolerated, Flex and Abd same as above
- Full pendulum exercises
- Light Theraband ex – ER and IR with pillow or towel roll under arm
 - Flexion, Extension, Abduction, Scaption to 60 degrees

- Standing rows with Theraband
- Biceps and supine Triceps PREs with light weight
- Treadmill – Walking progression program

GOAL

- Maintain AAROM Flexion to 90 degrees, Abduction to 60 degrees

WEEKS 6 – 8

- Continue appropriate previous exercises with increased resistance as tolerated
- AAROM – Flexion and Abduction to 90 degrees (supine wand)
 - ER as tolerated
 - IR as tolerated (wand behind back)
- Body blade
- Elliptical trainer with LEs only

GOALS

- AAROM Abduction to 90 degrees
- Normal rotator cuff strength

WEEKS 8 – 10

- Continue appropriate previous exercises
- AAROM – Flexion and Abduction to 120 degrees (wand, pulley, wall climb)
- AROM – Flexion and Abduction to 120 degrees, pain-free
- Prone scapular retraction exercises (light weight)
- Ball on wall (arcs, alphabet)
- BAPS on hands
- Push-up plus against wall
- UBE forwards and backwards at low resistance
- Stairmaster
- Pool walking / running – No upper extremity (UE) resistive exercises

GOALS

- AROM Flexion and Abduction to 120 degrees
- 30 wall push-ups

WEEKS 10 – 12

- Continue appropriate previous exercises
- AAROM and AROM through full range
- PROM / mobilization as needed to regain full motion
- Push-up progression – Wall to table
- Ball toss with arm at side
- Treadmill – Running progression program
- Pool therapy – With UE resistance

GOALS

- Full AROM
- 30 table push-ups

MONTHS 3 – 4

- Continue appropriate previous exercises
- Push-up progression – Table to chair
- Ball toss overhead
- Fitter on hands
- Weight training with light weight

GOALS

- Run 2 miles at easy pace
- 30 chair push-ups

MONTHS 4 – 6

- Continue appropriate previous exercises
- Push-ups, regular
- Sit-ups
- Swimming
- Running progression to track
- Progressive weight training program
- Transition to home / gym program

GOAL

- Resume all activities

NO CONTACT SPORTS UNTIL 12 MONTHS POST-OP

SHOULDER POST-OP PHASE I

Perform exercises below frequently: 30 reps, 3 – 5x a day

Grip Squeeze



Elbow active range of motion



Pendulum



Shoulder Shrugs



Ice x 10-15min 2-3 x per day

