

Post-operative Rehabilitation Protocol

Acromioclavicular Joint Reconstruction

General Guidelines	<ul style="list-style-type: none"> - Supervised physical therapy should begin 6 weeks after surgery - You will be wearing sling full time for minimum 6 weeks - Contact therapist or physician for questions or concerns 		
	Range of Motion	Immobilizer	Exercises
Protection Phase <i>Weeks 0 - 6</i>	Elbow: PROM, AAROM, AROM as tolerated without resistance Shoulder: No shoulder ROM	Sling w/ abduction pillow at all times, except for hygiene	<i>Ice:</i> 20 minutes on, 20 minutes off every hour <i>Exercises:</i> Pendulum and grip strengthening. No resistance exercises
Therapy Phase 1 <i>Weeks 6-12</i>	Begin PROM in supine with 0-45 ABD maximum No cross body abduction for 8 weeks No AROM FF for 12 wks	D/C sling as comfortable	<i>Exercises:</i> Begin gentle isometrics in all planes. Closed chain scapular stabilizers, deltoid and cuff exercises while supine . <i>Modalities:</i> Per therapist – E-stim, Ultrasound, heat (before), ice (after)
Therapy Phase 2 <i>Weeks 12-24</i>	Advance to full, painless ROM	None	<i>Exercises:</i> Progress Phase 1 exercises. Begin eccentrically resisted motion and closed chain activities in upright position <i>Modalities:</i> Per therapist – E-stim, Ultrasound, heat (before), ice (after)
Therapy Phase 3 <i>Weeks 24+ Return to Sport</i>	Full Painless ROM	None	<i>Exercises:</i> Plyometrics (e.g. weighted ball toss), Sports-specific training