



AC Joint Reconstruction Rehabilitation Protocol

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Diagnosis: AC joint dislocation

PT Frequency: 2-3 times per week

Week 0-6

- No formal PT x 6 weeks
- Sling at all times except during home exercise program and hygiene
- Active ROM at elbow and wrist only
- The Cryo/Cuff/ice should be used during this phase to control pain and swelling
- Sutures will be removed at 7-14 days

Weeks 6-12

- PROM 0-90 FF, 0-45 ABD max, ER/IR as tolerated
- Elbow / wrist / hand ROM ok
- NO cross-body adduction for 8 weeks
- Isometric exercises in all planes
- No RROM shoulder flexion until 12 weeks post-op

Weeks 12+

- Progressive full AAROM > AROM of the shoulder
- Isotonic shoulder exercises
- No RROM shoulder flexion until 12 weeks post-op, and has regained full range of motion