

Acromioclavicular (AC) Joint Reconstruction **Rehab Protocol**

KANDILNOTES

Phase 1: Post-operative 0-2 weeks

Goals

- Reduction of inflammation and pain
- Initiate shoulder ROM to prevent stiffness
- Protect reconstruction

Weight bearing status and sling use

- Non weight bearing in shoulder sling at all times (including sleeping) x 4 weeks

Therapeutic exercises

- Cryotherapy as needed
- Hand squeeze, elbow/wrist AROM

Phase 2: Post-operative weeks 2-6

Goals

- Increase ROM within safe parameters
- Decrease/minimize pain and inflammation
- Protect repair

Weight bearing status

- Non weight bearing in sling at all times (including sleeping) x 6 weeks

Therapeutic exercises

- Continue hand/wrist/elbow exercises as per days 0-7
- Begin gentle pendulums
- AAROM supine with broomstick (flexion to 90, abduction 60, IR/ER as tolerated)
- Gentle shoulder shrugs and scapular retraction without resistance
- Isometrics with 1-2 finger resistance
- Stationary bike with sling if desired for conditioning

Phase 3: Post-operative weeks 6-8

Goals

- Advance AAROM

Weight bearing status

- Non weight bearing
- Discontinue sling

Therapeutic exercises

- Continue above exercises

- AAROM supine with broomstick (Flex/Ab to 90, ER/IR as tolerated)
- Full pendulums
- Treadmill walking

Phase 4: Post-operative weeks 8-12

Goals

- Improve safe ROM exercises
- Initiate early strengthening

Weight bearing status

- Non weight bearing

Therapeutic exercises

- AAROM - Flex/Ab to 120 (brookstick or wallclimb) progressing to AROM - Flex/Ab to 120 as long as relatively pain free
- Light Theraband resistance ER/IR with pillow in armpit (flex/ext/ab/scaption to 60)
- Standing rows, biceps, and supine triceps with Theraband
- Prone scapular retraction [light weight] and wall push-ups
- Eliptical with LOWER EXTREMITY ONLY [no handlebars]

Phase 5: Post-operative months 3-6

Goals

- Normal ROM
- Continue strengthening
- Advance to activities as tolerated (including return to sports) at 6 months

Weight bearing status

- Weight bear as tolerated

Therapeutic exercises

- AAROM and AROM through full range
- Increase resistance as tolerated, continue strengthening as tolerated
- Running program initiated
- No contact activities until at least 6 months post-op