



## Acromioclavicular (AC) Joint Reconstruction Rehabilitation

The following is a basic framework from which to work during rehabilitation following shoulder acromioclavicular (AC) joint reconstruction. Every patient is different, so the time points are just guidelines – the emphasis should be on achieving the milestones of each phase prior to advancing to the next phase. Please feel free to communicate with our office with any questions or concerns.

	Range of Motion	Sling	Exercises
<b>Phase I</b> <b>0 – 8 weeks</b>	Gentle supine PROM as tolerated avoiding horizontal adduction	<b>0 – 6 weeks:</b> Remove only for exercise and hygiene, which should be performed supine with gravity eliminated	Closed chain scapular stabilizers, deltoid and rotator cuff isometrics while supine with gravity eliminated  ROM and strengthening: elbow and shoulder isometric exercises while supine
<b>Phase II</b> <b>8 – 16 weeks</b>	AROM as tolerated in supine position	None	Progress Phase I exercises  Active-assisted strength work in all ROMs  Begin vertical positioned strengthening at 12 weeks
<b>Phase III</b> <b>16 – 24 weeks</b>	Progress to full without discomfort	None	Advance strengthening as tolerated  Progress Phase I and Phase II exercises  Begin sport-specific exercises after week 20 when cleared by MD

### CRITERIA FOR DISCHARGE

- Pain free ADL and/or sport specific training
- Full return to sport and/or activity
- Independent with comprehensive HEP