AC Joint Reconstruction

Phase I (1 – 5 days post-op.)
- Edema: Edema control interventions
- Sling: Ultrasling worn continuously except in therapy or during exercise sessions until 4 weeks.
  - ROM
    - Scapular retraction
    - A/PROM of the elbow, wrist, and digits
- Strengthening
  - Isometric grip strengthening
- Modalities: PRN for pain & inflammation

Phase II (5 days – 4 weeks post-op.)
- Edema: Edema control interventions
- Sling: Ultrasling worn continuously except in therapy or during exercise sessions until 4 weeks.
- ROM
  - Continue Phase I
  - Initiate shoulder pendulums avoiding horizontal add/abd swinging

Phase III (4 wks – 10 wks post-op.)
- Wound: Monitor site / scar management techniques
- Edema: Edema control interventions
- Sling: D/C pillow on sling at 4 weeks. Sling continue to be worn outdoors or in public settings for an additional 2 weeks. D/C sling at 6 weeks post op.
  - Week 6
  - ROM
    - Begin PROM of the shoulder to flexion 90 degrees and abduction 90.
    - PROM IR and ER: begin as tolerated in painfree range with arm at 0-45 degrees of abduction, progress to 90 degrees abduction at 8 weeks postop.
    - Begin pulleys to 90 degrees of flexion only.
    - Note: Restrict horizontal abduction and adduction of the shoulder.
  - Strengthening
    - Isometric strengthening: IR, ER, abduction, extension and bicep/tricep.
    - No resisted shoulder flexion.
  - Week 7
  - ROM
    - A/AAROM may begin within the same range as allowed for PROM week 7 (flexion 90, abd 60).
    - A/AAROM IR/ER in neutral or 0 degrees of abduction.
  - Weeks 8-10
  - ROM
    - Gradually progress to full painfree PROM
    - Begin PROM IR/ER stretching at 90 degrees of abduction
  - Strengthening
    - Gradually progress to full AROM
Phase IV (10 wks + post-op.)

• **Week 10**
  • Strengthening
    o Continue to progressive resisted strengthening for the shoulder.
    o Initiate light bench press and shoulder press with dumbbells (progress weight slowly).
    o Initiate lat pull downs and rows.
    o Progress resisted PNF patterns.
    o Initiate strengthening of external and internal rotation at 90 degrees of abduction.

• **Week 12**
  • Strengthening
    o Progress resistance exercise levels and stretching.
    o Progress to closed chain strengthening activities.
    o Transition to weight room strengthening and initiate interval sports program. (Per MD approval)
    o Progress to Work Conditioning Program or Sports Specific Training. (Per MD approval)

Adapted from: