

## Rehabilitation Protocol: **AC Joint Reconstruction**

	<b>RANGE OF MOTION</b>	<b>IMMOBILIZER</b>	<b>THERAPEUTIC EXERCISE</b>
<b>PHASE I 0 - 4 weeks</b>	PROM. Limit FF to 90°.  No crossbody adduction.	Worn at all times except for hygiene and therapeutic exercise.	Elbow/wrist/hand ROM, grip strength.  Pendulums.  Isometric scapular stabilizers, deltoid, rotator cuff.
<b>PHASE II 4 - 6 weeks</b>	P to AAROM. Limit FF to 90°.  No crossbody adduction.	Worn at all times except for hygiene and therapeutic exercise.	Begin gentle active-assisted exercises without resistance.
<b>PHASE III 6 - 12 weeks</b>	Full P/AROM as tolerated.	Discontinue sling at 6 weeks.	Isometrics.  Advance to Therabands.
<b>PHASE IV 12weeks - 6 months</b>	Progress to full active motion. No restrictions.	None.	Advanced strengthening. May begin light weights.  Begin functional sport/work specifics at 4 months.  Return to contact sports at 6 months.