

PHYSICAL THERAPY PROTOCOL: AC Joint Reconstruction

Name: _____

Date of Surgery: _____

Diagnosis: _____

Signed: _____

Frequency: 2-3 times per week x 12 weeks

Phase 1 → 0-8 Weeks Post-Op

Sling:

- 0-6 weeks: Worn at all times (day and night)

Range of Motion:

- Gentle supine ROM as tolerated avoiding horizontal adduction

Exercises:

- Closed chain scapular stabilizers, deltoid and rotator cuff while supine or with gravity eliminated
- ROM and strengthening for elbow and shoulder isometric exercises

Phase 2 → 8-16 Weeks Post-Op

-D/C sling

Range of Motion:

- Full ROM as tolerated in prone position

Exercises:

- Progress with Phase 1 exercises
- Begin active-assisted strengthening in all range of motions
- Begin vertical positioned strengthening at 12 weeks

Phase 3 → 16-24 Weeks Post-Op

-Progress to full range of motion in all planes

Exercises:

- Advance strengthening as tolerated
- Advance Phase 1 and Phase 2 exercises
- Begin sport-specific exercises after 20 weeks when cleared by Dr Makhni