**ACROMIOCLAVICULAR (AC) JOINT RECONSTRUCTION PROTOCOL**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Diagnosis: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date of Surgery: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Frequency: 1 2 3 4 times / week Duration: 1 2 3 4 5 6 Weeks

\_\_\_\_ **Days 0 - 7**

* Sling x 4 weeks – even when sleeping
* Hand squeeze, elbow/wrist AROM
* Pendulum exercises

\_\_\_\_ **Weeks 1 - 4**

* Continue sling x 4 weeks and exercises as per days 0-7
* AAROM supine with broomstick (flexion to 90, abduction 60, 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

\_\_\_\_ **Weeks 4 - 6**

* D/c sling and continue above exercises
* AAROM supine with broomstick (ROM as weeks 1-4)
* Full pendulums
* Light Theraband resistance ER/IR with pillow in armpit (flex/ext/ab/scaption to 60)
* Standing rows, biceps, and supine triceps with Theraband
* Treadmill walking

\_\_\_\_ **Weeks 6 – 8**

* Increase resistance to above exercises
* AAROM – Flex/Ab to 90, ER/IR as tolerated
* Eliptical with LOWER EXTREMITY ONLY (no handlebars)

\_\_\_\_ **Weeks 8 – 12**

* AAROM – Flex/Ab to 120 (brookstick or wallclimb)
* AROM – Flex/Ab to 120 as long as relatively pain free
* Prone scapular retraction (light weight) and wall push-ups

\_\_\_\_ **Months 3 - 6**

* AAROM and AROM through full range
* Increase resistance as tolerated
* Running
* No contact activities until at least 6 months post-op

**Modalities/Other:**