

WEAVER -DUNNE PROTOCOL FOR ACROMIOCLAVICULAR JOINT RECONSTRUCTION

| | ROM | IMMOBILIZER | THERAPEUTIC EXERCISE |
|--------------------------------------|---|--|---|
| PHASE 1 0-8 weeks | Supine PROM gentle as tolerated avoiding horizontal adduction | 0-6 weeks- remove only for exercise and hygiene which should be performed supine with gravity eliminated | Closed chain scapular stabilizers, deltoid, and rotator cuff while supine or with gravity eliminated. ROM and strengthening: elbow and shoulder isometric exercises |
| PHASE 2 8-16 weeks | AROM as tolerated in prone position | None | Progress ex. In phase 1, active-assisted strength ex. In all ROM's, vertical positioned strength ex. Begin at 12 weeks |
| PHASE 3 16-24 weeks | Progress to full active ROM in all planes | None | Advance strengthening as tolerated progress ex. from previous phases Begin sport specific exercises |

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