

## ACROMIOCLAVICULAR JOINT (AC) RECONSTRUCTION REHABILITATION PROTOCOL

	RANGE OF MOTION	SLING	EXERCISES
<b>PHASE I</b> 0-8 Weeks	Gentle supine PROM as tolerated avoiding horizontal adduction	Sling worn at all times, removed for exercise and hygiene <i>which should be performed supine to eliminate gravity</i>  Discontinued at 6 weeks	Closed chain scapular stabilizers, deltoid and rotator cuff while supine or with gravity eliminated  ROM and isometric strengthening at elbow and shoulder
<b>PHASE II</b> 8-16 Weeks	AROM as tolerated in supine or prone position	None	Progress phase I  Active assisted strength work and ROM  Begin upright strengthening at 12 weeks  Running okay at 12 weeks
<b>PHASE III</b> 16-24 weeks	Progress to full AROM in all planes	None	Advance strengthening as tolerated  Begin sport-specific exercises after 20 weeks  No restrictions after 24 weeks

\*\*Patient protocols may vary. Please follow patient-specific script if modified

Commented [Cm1]: no restrictions at 24wk?