

ACROMIOCLAVICULAR JOINT (AC) RECONSTRUCTION

REHABILITATION PROTOCOL

	RANGE OF MOTION	SLING	EXERCISES
PHASE I 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
PHASE II 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
PHASE III 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