

## **Acromioclavicular Reconstruction Rehab Protocol**

May begin physical therapy approximately 4 weeks after surgery

### **0-4 weeks post-op**

- Sling Immobilization. Passive stretching in the forward plane using non-operative arm for power.
- May remove for elbow and wrist range of Motion writing and keyboard. No active lifting arm away from the body
- Icing to surgical site

### **4-8 weeks post-op**

- Begin to wean out of sling. May discontinue altogether at 6 weeks
- Begin active and passive range of motion of shoulder to forward flexion of 90°
- Begin internal and external rotation passive and active motion
- Continue distal elbow and wrist range of motion
- Scapular stabilization

### **8-12 weeks post-op**

- Progress to full active and passive ROM of shoulder
- Continue ggressive scapular exercises
- Begin isokinetic program, IR / ER emphasize eccentrics
- Continue distal elbow and wrist range of motion

### **12-16 weeks post-op**

- Upper extremity progressive resistance exercises
- Begin plyometric program for overhead athletes
- Continue with throwing and racquet program if appropriate
- NO heavy lifting or pushing with involved shoulder/arm for 4-6 months