



### Physical Therapy Protocol – AC Joint Reconstruction

**Diagnosis:** R / L acromioclavicular joint reconstruction

**Date of Procedure:** \_\_\_\_\_

**Frequency:** 2-3 Times Per Week for \_\_\_\_ weeks, starting 6 weeks after surgery

**Weeks 0-6:** NO THERAPY, healing, protection

- **Sling with pillow at all times except hygiene**
- **No shoulder range of motion allowed, elbow/hand/wrist motion ONLY**

**Weeks 6-12:**

- **Ok to wean out of sling**
  - o **Range of motion:** PROM as tolerated beginning in supine position, with 0-45 degrees of maximum Abduction
    - *No cross-body adduction for 8 weeks*
    - *No AROM in forward flexion for 12 weeks*
- **Exercises:** begin gentle isometrics in all planes beginning with closed chain scapular stabilizers, deltoid, and cuff exercises while in the supine position (or with gravity eliminated); unlimited elbow/wrist/hand strengthening
- **Modalities:** per therapist to include e-stem, ultrasound, heat before and ice following therapy

**Weeks 12-24:**

- **Range of motion:** progression AAROM → AROM as tolerated
- **Exercises:** progress to performed above exercises in upright position; begin gentle resisted exercises
- **Modalities:** per therapist, include E-stem, ultrasound, heat (before), ice (after)
- **Consider return to sport/activities at 20-24 weeks pending MD approval**