

ACROMIOCLAVICULAR JOINT (AC) RECONSTRUCTION REHABILITATION PROTOCOL

| | RANGE OF MOTION | IMMOBILIZER | EXERCISES |
|---------------------------------|---|---|--|
| PHASE I 0-8 weeks | Gentle supine PROM 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 II 8-16 weeks | AROM as tolerated in prone position | None | Progress Phase I exercises Active assisted strength work in all ROMs Begin vertical positioned strengthening at 12 weeks |
| PHASE III 16-24 weeks | Progress to full AROM in all planes | None | Advance strengthening as tolerated Progress Phase II and Phase I exercises Begin sport-specific exercises after week 20 when cleared by MD |

Matthew A. Varacallo MD
Penn Highlands Healthcare – Orthopaedic Surgery & Sports Medicine
145 Hospital Avenue, Suite 311
DuBois, PA 15857
O: 814-375-6200
F: 814-375-6452