



Acromioclavicular (AC) joint reconstruction

Post-Operative Rehabilitation Plan

Date of Surgery:_____

Surgeon:_____

Sling Use: ___6 wks ___8 wks

ROM restrictions: Flexion 90, Abd 60, extension 0 ER IR to tolerance x 6 wks

Acromioclavicular (AC) joint reconstruction

Post-Operative Rehabilitation Protocol

Ideally patients reach the milestones prior to advancing to the next phase

	Intervention	Milestones
Phase I (wk 0-1)	<ul style="list-style-type: none"> PROM shoulder AAROM wrist/hand/elbow 	<ul style="list-style-type: none"> Good pain control Full ROM elbow/ wrist/ hand
Phase II (wk 2-6)	<ul style="list-style-type: none"> AAROM shoulder (flex to 90, abd 60, ER IR in neutral as tol) AROM elbow/wrist/ hand Begin light isometrics Scapular retraction without resistance 	<ul style="list-style-type: none"> AAROM shoulder flexion 90, abd 60, ER 70, IR 50
Phase III (wks 7-8)	<ul style="list-style-type: none"> D/C sling as indicated above Advance AAROM to tolerance and initiate extension AROM Scapular PNF 	<ul style="list-style-type: none"> AAROM flex 110, abd 90, ER/IR full in neutral
Phase IV (wk9-12)	<ul style="list-style-type: none"> Advance AAROM-AROM to full as tol (no functional IR behind the back) Initiate strengthening (prone scapular stab, ER IR, rows, wall push ups) 	<ul style="list-style-type: none"> Full AROM shoulder flexion/abd, ER IR at 90 Painfree adl's Strengthening program without pain
Phase V (wk 12-6 mos)	<ul style="list-style-type: none"> Initiate IR behind the back (functional IR) limit to beltline until 16 wks Advance strengthening (throwers 10, advance closed chain ex, PNF patterns) Initiate running program if applicable at 16 wks Progress to light plyometrics at 16 wks (plyo ball wall drills, 2 hand ->one hand rebounder) Progress power at 18 wks* 	<ul style="list-style-type: none"> IR ER strength 10% >non op side ≥ 50 on Psychological Readiness for RTS Completion of UE functional test battery with 97% passing rate

*For UE power progression exercises go to <https://www.stlukesonline.org/health-services/specialties/programs/st-lukes-sports-medicine-program/therapy-plans/power-progression-upper-extremity/phase-1>

*Anticipated RTS 7 mos
No contact until 8 mos post op and must be cleared by MD*

This therapy plan provides a synopsis of guidelines for recovering from sports-related surgery with St. Luke's Sports Medicine. It is provided as an educational resource. Individual circumstances vary and these plans cannot replace the advice of a medical professional.