

Jordan M. Meiss, MD

AC Joint Reconstruction

This information and protocol is a guideline, individual variations and changes will apply

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
Weeks 0-4 PT 1x/week HEP daily	Edema and pain control Protect surgical repair Sling immobilization	Sling at all times including sleep Remove for hygiene & exercises	Sidelying scapular stabilization Elbow, wrist, hand ROM Gripping exercises
Weeks 4-8 PT 1-2x/week HEP daily	Protect surgical repair Restore ROM	Sling except shower & exercises No ER >45° until 6 weeks No FF >120° until 6 weeks	Sidelying scapular stabilization Supine deltoid, biceps, triceps, rotator cuff isometrics (gravity eliminated) Supine PROM: FF 120°, ER 45°
Weeks 8-16 PT 2-3x/week HEP daily	Full ROM Normalize scapulohumeral rhythm throughout ROM Restore strength 5/5	DC sling at 8 weeks Avoid painful ADL's Avoid rotator cuff inflammation Avoid excessive passive stretching OK to cycle/run at 12 weeks	AROM as tolerated in PRONE position AA/PROM no limits Continue scapular stabilization Begin resistive strengthening for scapula, biceps, triceps, and rotator cuff (supine → vertical position at 12 weeks) Endurance: Begin UBE at 12 weeks
Weeks 16-24 PT 1-2x/week HEP daily	Full ROM and strength Improve endurance Prevent re-injury	Avoid painful activities No contact/racket/throwing sports Return to sport (MD directed)	Advance eccentric training Initiate plyometrics Advance endurance training Sport specific activities Throwing/racquet program ~5 months Contact sports 6+ months