



AC JOINT RECONSTRUCTION

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
Weeks 0-6 PT 1-2x/week HEP daily	Control pain and inflammation Protect surgical repair Promote tissue healing Prevent stiffness and atrophy Increase shoulder PROM	Sling at all times except exercise No active shoulder ROM No extension past neutral	PROM IR/ER no restrictions PROM shoulder Flex/Abd to 70 at week 4 Grade I/II joint mobilizations AROM E/W/H Codman/Pendulums Scapular Retraction
Weeks 6-12 PT 2-3x/week HEP daily	Decrease pain and inflammation Increase shoulder/elbow AROM Increase independence with ADLs	Discontinue sling at 8 weeks No lifting >1 lb. No shoulder extension past neutral until Week 10	Progress shoulder AA/PROM AROM initiate in prone position Rhythmic stabilization/proprioception Initiate RC isometrics Progress scapular strengthening Continue joint mobilizations
Weeks 12-18 PT 1-2x/week HEP daily	Full shoulder A/PROM Increase UE strength and motor control	No pressing activities No lifting from ground No overhead strength training	Posterior capsule stretch Progress IR behind back Progress RC/scapular strengthening Initiate UBE Initiate slow push up progression
Weeks 18+ PT as needed HEP daily	Return to functional activities	Return to sports per MD	Progress overhead strengthening Progress closed chain/plyometrics/isotonic strengthening May initiate racket and throwing activities at 4.5-5 months; contact sports 6+ months