

Acromioclavicular (AC) Joint Reconstruction

Name: _____ Date: _____

Diagnosis: _____

Date of Surgery: _____ Next Physician Appointment: _____

Frequency: 1 2 3 4 times/week Duration: 1 2 3 4 5 6 Weeks

_____ Weeks 0-2:

- Patient to do Home Exercises given post-op (pendulums, elbow ROM, wrist ROM)
- Patient to remain in sling (with abduction pillow) for 6 weeks overall

_____ Weeks 2-6:

- Patient to remain in sling (with abduction pillow)
- Begin ***SUPINE* PROM only** – flexion and abduction in scapular plane, limit to 90°
- Restrict passive motion to 90° FE / 90° Abd (in scapular plane)
- PROM IR/ER to tolerance
- No forced stretching
- Heat before PT, ice after PT

_____ Weeks 6-12:

- Discontinue use of sling
- Begin AAROM → AROM as tolerated, advance forward flexion, abduction, IR/ER to tolerance
- Light passive stretching at end ranges
- No strengthening exercises until 12 weeks post-op

_____ Months 3-12 (if needed):

- Advance to full ROM as tolerated with passive stretching at end ranges
- Begin strengthening as tolerated: isometrics → bands → light weights (1-5 lbs); 8-12 reps/2-3 sets per rotator cuff, deltoid, and scapular stabilizers
- Only do strengthening 3x/week to avoid rotator cuff tendonitis
- Begin sports related rehab at 4 ½ months, including advanced conditioning
- Return to throwing at 6 months
- Throw from pitcher's mound at 9 months
- Collision sports at 9 months

Comments:

_____ Teach Home Exercise Program

Modalities

_____ Heat before _____ Ice after _____ Other _____

_____ Therapist's discretion

Signature _____