

# Acromioclavicular (AC) Joint Reconstruction Protocol

	<b>Phase I: weeks 1-6</b>	<b>Phase II: weeks 6-8</b>
Weight-Bearing and Immobilization	<ul style="list-style-type: none"> <li>• Sling immobilizer with pillow <u>at all times</u> (including while sleeping) except for PT/HEP exercises or for hygiene</li> <li>• Non-weight-bearing</li> </ul>	<ul style="list-style-type: none"> <li>• Discontinue sling immobilizer</li> <li>• Non-weight-bearing</li> </ul>
Aerobic	<ul style="list-style-type: none"> <li>• Stationary bike in sling if desired</li> </ul>	<ul style="list-style-type: none"> <li>• Treadmill walking if desired</li> </ul>
Range of Motion (ROM) and Strengthening	<ul style="list-style-type: none"> <li>• Gentle pendulum exercises</li> <li>• ROM <ul style="list-style-type: none"> <li>▸ Full hand, wrist, and elbow AROM</li> <li>▸ Supine AAROM (wand exercises) including FF to 90°, abduction to 60°, and IR/ER as tolerated</li> </ul> </li> <li>• Gentle shoulder shrugs and scapular retraction/pinches/squeezes without resistance</li> <li>• Gentle isometrics (1-2 finger resistance) if pain-free</li> </ul>	<ul style="list-style-type: none"> <li>• Continue Phase I exercises as necessary</li> <li>• Full pendulum exercises</li> <li>• ROM <ul style="list-style-type: none"> <li>▸ Supine AAROM (wand exercises) including FF and abduction to 90° and IR/ER as tolerated</li> </ul> </li> </ul>
Other	<ul style="list-style-type: none"> <li>• Heat before and/or ice after PT sessions as needed</li> <li>• Modalities as needed to reduce swelling and for muscle re-education</li> <li>• Home Exercise Program (HEP) per discretion of Physical Therapist</li> </ul>	
Goals	<ul style="list-style-type: none"> <li>• Pain and inflammation control</li> <li>• Protection of tissue healing</li> <li>• Minimize joint stiffness</li> </ul>	<ul style="list-style-type: none"> <li>• Minimize pain and inflammation</li> <li>• Continue protection of tissue healing</li> <li>• Progress ROM</li> <li>• Discontinue sling</li> </ul>

	<b>Phase III: weeks 8-12</b>	<b>Phase IV: months 3+</b>
Weight-Bearing and Immobilization	<ul style="list-style-type: none"> <li>• No sling immobilizer</li> <li>• Progressive weight-bearing (see below)</li> </ul>	
Aerobic	<ul style="list-style-type: none"> <li>• Elliptical with lower extremities only (no handlebars) if desired</li> </ul>	<ul style="list-style-type: none"> <li>• Begin walk-jog-run progression and advance as tolerated</li> </ul>
Range of Motion (ROM) and Strengthening	<ul style="list-style-type: none"> <li>• Continue Phase II exercises as necessary</li> <li>• ROM <ul style="list-style-type: none"> <li>▸ Progress to full AAROM FF and abduction (wand or wall-climb)</li> <li>▸ When full AAROM, progress to AROM FF and abduction to 120° as long as relatively pain-free</li> </ul> </li> <li>• Strengthening <ul style="list-style-type: none"> <li>▸ Light band resistance IR and ER with pillow in axilla</li> <li>▸ Bands for standing rows, biceps, and supine triceps</li> <li>▸ Prone scapular retraction (light weight) and wall push-ups</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Continue Phase III exercises as necessary</li> <li>• ROM <ul style="list-style-type: none"> <li>▸ Full AAROM and AROM</li> </ul> </li> <li>• Strengthening <ul style="list-style-type: none"> <li>▸ Increase resistance training as tolerated</li> </ul> </li> <li>• Progress to plyometrics, proprioception, and sport-specific or activity-specific program as tolerated and if pain-free</li> </ul>
Other	<ul style="list-style-type: none"> <li>• Heat before and/or ice after PT sessions as needed</li> <li>• Modalities as needed to reduce swelling and for muscle re-education</li> <li>• Home Exercise Program (HEP) per discretion of Physical Therapist</li> </ul>	
Goals	<ul style="list-style-type: none"> <li>• Progress ROM</li> <li>• Early strengthening</li> </ul>	<ul style="list-style-type: none"> <li>• Progress ROM</li> <li>• Progress strength</li> <li>• Gradually advance activity as tolerated to pre-operative level</li> <li>• Independent HEP</li> </ul>

### **Other Sport-Specific Restrictions**

- No contact sports/activities until at least 6 months after surgery