

## AC Joint Recon Protocol

### Phase One: 0-6 Weeks Post-Op

#### Goals:

1. Protect the surgical repair
2. Ensure wound healing
3. Prevent shoulder stiffness
4. Control pain and swelling

#### Restrictions:

- Sling at all times outside of showering and PT exercises
- No ROM above 90 degrees in any plane
- Do not lift above 1-2 lbs with the surgical arm

#### Exercises:

- Supine external rotation
- Supine AAROM Flexion to 90 degrees
- Pendulums
- Isometric IR/ER at neutral
- Elbow and forearm exercises
- Ball squeezes
- Scapular retraction

### Phase Two: 7-12 Weeks Post-Op

#### Goals:

1. Protect surgical repair
2. Improve range of motion of the shoulder
3. Begin gentle strengthening

#### Restrictions:

- Discontinue and wean out of sling
- Avoid lifting more than 1-2 lbs, forceful pushing/pulling activities, and reaching behind you.

#### Stretching/Active Motion:

- Supine and standing ER
- Supine AAROM flexion
- Flexion in scapular plane
- Behind back IR- **limit beltline**
- Horizontal adduction (active reach only)

- Hands behind the head stretch
- ER at 90 degrees abduction stretch
- Proprioception drills
- Side lying IR at 90 degrees

Exercises:

- Internal/External rotation
- Bicep curl
- Forward Punch (Serratus punch)
- Side lying ER
- Prone/Standing Rows
- Prone extension/ T's / Y's
- Standing scaption
- Rhythmic Stabilization
- Scapulohumeral rhythm exercises
- Begin wall push ups **at 12 weeks**, progress per MD to normal push ups

**Phase Three: 13 to 18 Weeks Post Op**

Goals:

1. Protect the surgical repair
2. Regain full range of motion
3. Continue strengthening progression

Restrictions:

- Avoid lifting heavy weight outside the frame of the body/overhead and forceful pushing/pulling

Stretching/Range of Motion:

- Standing ER/Doorway stretch
- Wall Slide stretch
- Hands-behind-head stretch
- Standing forward flexion
- Behind the back internal rotation
- Supine cross-chest stretch
- Sidelying internal rotation (sleeper stretch)
- ER at 90 degrees

Exercises: Add progressive weight 1-5 lbs

- External/internal rotation theraband
- Standing forward punch
- Shoulder shrug
- Dynamic hug

- Seated Row
- Biceps Curl
- Standing W's
- Side-lying ER
- Prone T's/Rows/Scaption/Y's/ extension
- Standing Full- Can scaption
- Rhythmic stabilization and proprioception training drills
- Limited weight training can begin after 16 weeks per surgeon clearance

#### **Phase Four: 19-28 Week Post-Op**

##### Goals:

1. Progression of functional activities
2. Maintain full range of motion
3. Continue progressive strengthening
4. Advance sport and recreational activity per surgeon

Stretching/ Range of Motion: continue from phase 3

Exercises: Continue from phase 3 and add following plyometric program if applicable to their recreational/sport activities

- Rebounder throws
- Wall Dribbles overhead
- Rebounder throwing/weighted ball
- Deceleration drills with weighted ball
- Wall dribbles at 90 degrees
- Wall dribble circles