



REHABILITATION PROTOCOL: AC JOINT RECONSTRUCTION

DR. KEVIN SHEPET

| | Range of Motion | Immobilizer | Exercises |
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| Phase I (0-8 weeks) | Gentle supine PROM as tolerated avoiding horizontal adduction | 0-6 weeks: Remove only for exercise and hygiene which should be performed supine with gravity eliminated | Closed chain scapular stabilizers, deltoid and rotator cuff while supine or with gravity eliminated ROM and strengthening: elbow and shoulder isometric exercises |
| Phase II (8 weeks - 16 weeks) | AROM as tolerated in prone position | None | Progress Phase I exercises Active assisted strength work in all ROMs Begin vertical positioned strengthening at 12 weeks |
| Phase III (16 weeks - 24 weeks) | Progress to full AROM in all planes | None | Advance strengthening as tolerated Progress Phase II and Phase I exercises Begin sport-specific exercises after week 20 when cleared by MD |

Dr. Kevin Shepet

(920) 430-4888 • 1970 S Ridge Rd, Green Bay, WI 54304 • www.bellin.org

Adapted from Brian Cole, MD