



**Orthopaedic Associates of Zanesville
Sports Medicine Division Physical Therapy Protocols
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Rehabilitation Guidelines for AC Joint Reconstruction

The intent of this protocol is to provide the clinician with a general guideline of the post-operative course of the patient that has undergone the above stated procedure. It is by no means intended to substitute for one's clinical decision making regarding the progression of a patient's post-operative course based on their physical exam findings, individual progress, and/or the presence of possible post-operative complications. If a clinician requires assistance in the progression, please contact the referring surgeon's office.

0-6 Weeks:

- No formal PT x6 weeks
- Sling for 6 weeks
- AROM at elbow and wrist only
- Grip strengthening OK

6-12 Weeks:

- PROM 0-90 FF, 0-45 ABD MAX, ER/IR as tolerated
- Elbow / wrist / hand ROM ok
- NO cross body adduction for 8 weeks
- Isometric exercises in all planes
- NO AAROM or AROM shoulder flexion until 12 weeks post-op

>12 Weeks:

- Progressive full AAROM>AROM of the shoulder
- Isotonic shoulder exercises
- Sports specific activities