

AC-Joint Reconstruction Protocol

- Sling for 5 weeks
- No rehab for 4 weeks, Elbow, Hand and Wrist Only

Phase I – Passive (Weeks 4 to 5):

Week 4:

- Pendulums to warm-up
- Passive Range of Motion

Week 5:

- Supine External Rotation-Full
- Supine Forward Elevation-Full
- Internal Rotation-Full

Phase II – Active (Week 6):

- Pendulums to warm up
- Active Range of Motion with Terminal Stretch to prescribed limits.
- Supine-Seated External Rotation-Full
- Supine-Seated Forward Elevation-Full
- Internal Rotation- Full

Phase III – Resisted (Week 7):

- Pendulums to warm-up and continue with phase 2
- External and Internal Rotation
- Standing forward punch o Seated rows
- Shoulder Shrugs o Bicep Curls o Bear Hugs

Phase IV – Weight Training (Weeks 8 to 12):

- Keep hands within eyesight, keep elbows bent
- Minimize overhead activities
- No Military press, pulldown behind head, or wide grip bench

Return to Activities:

- Computer: 5 weeks
- Golf: 12-14 weeks
- Tennis: 4 months
- Contact Sports: 4-5 months