



**AC JOINT RECONSTRUCTION**  
**PHYSICAL THERAPY PROTOCOL**

Recommend 2-3x/week for 8 weeks  
Please contact office for renewal as needed

<p>Weeks 0-1</p>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p>Wrist flexion and extension:</p>  <p>Gently bend your wrist back and forth.</p> </div> <div style="text-align: center;"> <p>Elbow flexion and extension:</p>  <p>With palm either up or thumb down, gently bend the elbow as far as possible, then straighten out as far as possible</p> </div> </div> <ul style="list-style-type: none"> <li>• 3 home exercises provided above: perform each exercise for 1-2 minutes, 3-4x/day</li> </ul>
<p>Weeks 1-6</p>	<ul style="list-style-type: none"> <li>• Continue sling x 6 weeks at ALL times (except for bathing and exercises)</li> <li>• Continue hand/wrist/elbow exercises as above</li> <li>• Begin gentle pendulums</li> </ul>
<p>Weeks 6-8</p>	<ul style="list-style-type: none"> <li>• D/c sling at week 6</li> <li>• Begin AAROM supine with broomstick (flex/abduction to 90, ER/IR as tolerated)</li> <li>• Gentle shoulder shrugs and scapular retraction without resistance</li> <li>• Isometrics with gentle resistance</li> <li>• Stationary bike or treadmill walking if desired for conditioning</li> </ul>
<p>Weeks 8-12</p>	<ul style="list-style-type: none"> <li>• AAROM – flex/abduction to 120 (broomstick or wallclimb) progressing to AROM – Flex/Abduction to 120 as long as relatively pain free</li> <li>• Light theraband resistance ER/IR with pillow in armpit</li> <li>• Prone scapular retraction (light weights) and wall push ups</li> <li>• Elliptical with LOWER EXTREMITY ONLY (no handlebars)</li> </ul>
<p>Months 3-6</p>	<ul style="list-style-type: none"> <li>• AAROM and AROM through full range</li> <li>• Increase resistance as tolerated</li> <li>• Running</li> <li>• No contact activities until at least 6 months post-op</li> </ul>