
Acromioclavicular Reconstruction Rehab Protocol

May begin physical therapy approximately 4 weeks after surgery

0-4 weeks post-op

- Sling Immobilization at all times
- May remove for elbow and wrist range of Motion 2-3 times / day
- Icing to surgical site

4-8 weeks post-op

- Begin to wean out of sling. May discontinue altogether at 6 weeks
- Begin active and passive range of motion of shoulder to forward flexion of 90°
- Begin internal and external rotation passive and active motion
- Continue distal elbow and wrist range of motion
- Scapular stabilization

8-12 weeks post-op

- Progress to full active and passive ROM of shoulder
- Continue aggressive scapular exercises
- Begin isokinetic program, IR / ER emphasize eccentrics
- Continue distal elbow and wrist range of motion

12-16 weeks post-op

- Upper extremity PRE's
- Begin plyometric program for overhead athletes
- Continue with throwing and racquet program if appropriate
- NO heavy lifting or pushing with involved shoulder/arm for 4-6 months