

ACROMIOCLAVICULAR (AC) JOINT RECONSTRUCTION REHABILITATION PROTOCOL

PHASE I (0–8 weeks)

Range of Motion (ROM):

- Gentle supine PROM as tolerated
- Avoid horizontal adduction

Immobilizer:

- 0–6 weeks: Remove only for exercise and hygiene
- Exercises should be performed supine with gravity eliminated

Exercises:

- Closed chain scapular stabilizers
 - Deltoid and rotator cuff exercises (supine or with gravity eliminated)
 - ROM and strengthening: elbow and shoulder isometric exercises
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PHASE II (8–16 weeks)

Range of Motion (ROM): Active ROM as tolerated in prone position

Immobilizer: None

Exercises:

- Progress Phase I exercises
 - Begin active-assisted strength work in all ROMs
 - Begin vertical positioned strengthening at 12 weeks
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PHASE III (16–24 weeks)

Range of Motion (ROM): Progress to full active ROM in all planes

Immobilizer: None

Exercises:

- Advance strengthening as tolerated
- Progress Phase II and Phase I exercises
- Begin sport-specific exercises after week 20 once cleared by MD