

Blake M. Bodendorfer, MD
1 Edmundson Place Suite 500
Council Bluffs, IA 51503
712-323-5333
16221 Evans Plaza
Omaha, NE 68116
402-991-9958

bbodendorfer@millerortho.com
omahasportsdoc.com



AC JOINT RECONSTRUCTION

Weeks 1-6:

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

Weeks 6-12:

- 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 RROM shoulder flexion until 12 weeks post-op

Weeks 12+:

- Progressive full AAROM > AROM of the shoulder
- Isotonic shoulder exercises
- NO RROM shoulder flexion until 12 week post-op, and has regained range of motion.