

Blake M. Bodendorfer, MD
omahasportsdoc.com

Postoperative Physical Therapy Protocol 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 okay
- 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.