

Center for Athletic Medicine
Dr. Preston Wolin
AC Joint Reconstruction Protocol
- Please call 773.248.4150 with any and all questions -

Weeks 0-6:

- Affected UE in immobilizer/sling
- Pendulum exercises
- AA/AROM exercises all planes in physical therapy only
- Begin PROM at week 4
- Elbow/wrist AROM with shoulder in neutral and at side
- Gripping/hand squeezing exercises
- Shoulder shrugs and scapular retraction without resistance

Goals:

- Pain management
- Maintain integrity of distal UE musculature
- Early mobilization
- AAROM: flexion to 90 degrees, abduction to 60 degrees, and ER as tolerated

Weeks 6-12:

- D/C brace/immobilizer
- Continue with AA/AROM exercises all planes
- Continue to progress with PROM
- No strengthening exercises

Goals:

- Pain management
- Continue to progress with ROM
- AAROM for abduction to 90 degrees within weeks 6-8
- AROM for flexion and abduction to 120 degrees within weeks 8-10

Weeks 12-24:

- Initiate isometric and progressive strengthening exercises
- Theraband/sport cord: rows, IR/ER, flexion, extension, abduction, scaption
- Biceps/triceps PRE's
- Body blade
- BAPS on hands
- UBE
- PNF exercises
- Push up plus against wall: progressing to table and then to chair
- Ball toss with arm at side: progress to overhead

Goals:

- Full shoulder A/PROM

-Increase strength of affected UE to within (75-80%) of unaffected side

Weeks 24 (6 months) and beyond:

- Continue previous exercises as appropriate
- Progressive weight training program
- Transition to home/gym program
- No contact sports until 12 months post-op

***** If a patient is not progressing, please call the office for recommendations *****