

AC-Joint Reconstruction

Sling for 5 weeks

No rehab for 4 weeks, Elbow, Hand and Wrist Only

Phase 0- QUIET

Week 0-2

Quiet in sling with elbow/wrist/hand

Phase 1- PASSIVE

Week 2-6

Pendulums to warm-up and passive ROM

Supine External Rotation - 30°

Supine Forward Elevation - 90°

Internal Rotation – to belt line

Phase 2: ACTIVE

Week 6

Pendulums to warm-up

Active ROM with Terminal Stretch to prescribed limits

Shoulder FE, ER, and IR to full

Elbow Flexion and Extension

Wrist Flexion and Extension

Forearm Supination and Pronation

FE, ER, and IR- to pull

Phase 3- Continue with Phase 2 (Resisted)

Week 7

Pendulums to warm-up and continue with phase 2

External and Internal Rotation

Standing forward punch

Seated Rows

Shoulder Shrugs

Bicep Curls

Bear Hugs

Weight Training

Week 8-12

Keep hands withing eyesight; keep elbows bent

Minimize over head activities

(No Military press, pull downs behind head, or wide grip bench)

Return to Activities

Computer

5 weeks

Golf

12-14 weeks

Tennis

4 months

Contact Sports

4-5 months