**ACROMIOCLAVICULAR JOINT (AC) RECONSTRUCTION REHABILITATION PROTOCOL**

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|  | **RANGE OF MOTION**  | **IMMOBILIZER**  | **EXERCISES**  |
| **PHASE I** 0-8 weeks | Gentle supine PROM as tolerated avoiding horizontal adduction  | **0-6 weeks:** Remove only for exercise and hygiene which should be performed supine with gravity eliminated  | Closed chain scapular stabilizers, deltoid and rotator cuff while supine or with gravity eliminated ROM and strengthening: elbow and shoulder isometric exercises  |
| **PHASE II** 8-16 weeks | AROM as tolerated in prone position  | None  | Progress Phase I exercises Active assisted strength work in all ROMs Begin vertical positioned strengthening at 12 weeks  |
| **PHASE III** 16-24 weeks | Progress to full AROM in all planes  | None  | Advance strengthening as tolerated Progress Phase II and Phase I exercises Begin sport-specific exercises after week 20 when cleared by MD  |