**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 |