

Post-Operative Rehabilitation Guidelines for Acromioclavicular (AC) Joint Reconstruction

0-6 Weeks
<ul style="list-style-type: none">• Sling at all times, remove only for exercise and hygiene• No formal exercise, PT begins 6 weeks after surgery
6-12 Weeks:
<ul style="list-style-type: none">• PROM 0-90 FF, 0-45 ABD MAX, ER/IR as tolerated• Elbow / wrist / hand ROM ok• NO cross body adduction for 8 weeks• Isometric exercises in all planes• NO RROM shoulder flexion until 12 weeks post-op
6-12 Weeks:
<ul style="list-style-type: none">• 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• Begin sport-specific exercises after week 20 when cleared by MD