ACROMIOCLAVICULAR (AC) JOINT RECONSTRUCTION

Date of Surgery: _____

Days 0 - 7
- Gunslinger sling x 6 weeks – even when sleeping
- Hand squeeze, elbow/wrist AROM

Weeks 1 - 6
- Continue sling x 6 weeks at ALL times (except for exercises and personal grooming)
- Continue hand/wrist/elbow exercises as per days 0-7
- Begin gentle pendulums
- AAROM supine with broomstick (flexion to 90, abduction 60, IR/ER as tolerated)
- Gentle shoulder shrugs and scapular retraction without resistance
- Isometrics with 1-2 finger resistance
- Stationary bike with sling if desired for conditioning

Weeks 6 - 8
- D/c sling and continue above exercises
- AAROM supine with broomstick (Flex/Ab to 90, ER/IR as tolerated)
- Full pendulums
- Treadmill walking

Weeks 8 – 12
- AAROM – Flex/Ab to 120 (brookstick or wallclimb) progressing to AROM – Flex/Ab to 120 as long as relatively pain free
- Light Theraband resistance ER/IR with pillow in armpit (flex/ext/ab/scaption to 60)
- Standing rows, biceps, and supine triceps with Theraband
- Prone scapular retraction (light weight) and wall push-ups
- Eliptical with LOWER EXTREMITY ONLY (no handlebars)

- **Months 3 - 6**
- AAROM and AROM through full range
- Increase resistance as tolerated
- Running
- No contact activities until at least 6 months post-op

Modalities/Other: