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## **Physical Therapy following AC Joint Reconstruction**

The following is a basic framework from which to work during rehabilitation following an acromioclavicular (AC) joint reconstruction. Physical therapists may employ specific exercises at their discretion within these guidelines. We encourage patients and therapists to communicate with Dr. Brusalis and his staff with any questions.

### **Post-op - 6 wks:**

#### **PROTECTION PHASE**

- No formal PT x6 weeks
- Sling for 6 weeks
- AROM at elbow, wrist, and hand only
- Grip strengthening OK
- NO cross body adduction for 8 weeks
- Until six weeks post-operatively, please avoid any motion or exercise in which the patient is upright and the arm is unsupported as this places the reconstruction at risk.

### **6 -12 weeks:**

#### **RANGE OF MOTION PHASE**

- 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 while supine
- NO RROM shoulder flexion until 12 weeks post-op
- No lifting more than 5 lbs

### **3-6 months:**

#### **STRENGTHENING PHASE**

- Progressive full AAROM > AROM of the shoulder
- Isotonic shoulder exercises, can progress to vertical position
- NO RROM shoulder flexion until 12 week post-op, and has regained range of motion
  - 3 months- 10-lb weight restriction
  - 4.5 months- 20-lb weight restriction
- Incorporate plyometrics and sport-specific exercises at 4.5 months postoperatively
- Contact sports permitted beginning at 6 months postoperatively