

AC Joint Reconstruction

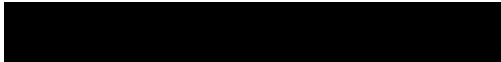
Name _____ DOS: _____
 Dr. _____ DX: _____

☐ = Do exercise for that week/month **Week**

	Protection/ (PROM)	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
PROM Restrictions	Date:															
	Scapular Retraction-Depression	●	●	●	●	●	●									
	FE: Cervical ROM Exercises	●	●	●	●	●	●									
	ER: Elbow/Hand/Wrist ROM	●	●	●	●	●	●									
	IR: Pendulums			●	●	●	●									
	ABD: AAROM				●	●	●	●	●	●	●	●				
	Ankle Pumps to prevent DVT's	●	●	●	●	●	●									
	Passive ROM															
	External Rotation	●	●	●	●	●	●	●	●	●	●	●				
	Forward Elevation & Scaption	90°		●	●	●	●	●	●	●	●	●				
Sling	Abduction	90°		●	●	●	●	●	●	●	●					
	Internal Rotation to Belt Line	●	●	●	●	●	●	●	●	●	●					
	Internal Rotation	●	●	●	●	●	●	●	●	●	●					
T.E.D. Hose 2 Weeks to prevent DVT's	Protection/Active Range of Motion (AROM)	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
	Active Assist ROM															
	Internal & External Rotation		●	●	●	●	●	●	●							
	Forward Elevation & Scaption			●	●	●	●	●	●							
	Isometrics-Light															
	Internal/External Rotation		●	●	●	●	●	●	●	●						
	Triceps		●	●	●	●	●	●	●	●						
	Active ROM															
	Sidelying External Rotation					●	●	●	●	●	●	●				
	Forward Elevation & Scaption (lawn chair progression)					●	●	●	●	●	●	●				
prgression)					●	●	●	●	●	●	●					
Prone Horizontal Abduction with ER					●	●	●	●	●	●	●					
Prone Lower Traps to 60					●	●	●	●	●	●	●					
Prone Extensions with ER					●	●	●	●	●	●	●					
Open Chain Proprioception					●	●	●	●	●	●	●					
Precautions 1. Avoid any downward or pulling force 2. No traction to Shoulder Girdle 3. No lifting or carrying	Stretches															
	Door Jam Series					●	●	●	●	●	●	●				
	Towel Internal Rotation					●	●	●	●	●	●	●				
	Cross Arm Stretch					●	●	●	●	●	●	●				
	Sleeper Stretch					●	●	●	●	●	●	●				
	TV Watching Stretch					●	●	●	●	●	●	●				
	90/90 External Rotation Stretch					●	●	●	●	●	●	●				
	(ADL's)	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
	Eating/Drinking (Elbow motion ok)															
	Dressing							●	●	●						
Washing/Showering							●	●	●							
Computer with supported arm	●	●	●	●	●		●	●	●							
Driving							●	●	●	●	●					
Lifting up to 5 lbs.							●	●	●	●	●					
Overhead Activity									●	●	●					
Lifting greater than 5 lbs.									●	●	●					

The intent of this protocol is to provide guidelines for progression of rehab. It is by no means intended to serve as a substitute for clinical decision making. Progression through each phase of rehab is based on clinical criteria and time frames as appropriate. It is important that each phase of rehab is mastered prior to initiating the next phase to insure proper healing of repaired tissues. Contact the staff at HHSMC for assistance in progressing as needed.

Phase III: Initial Resistance														
Strengthening & Proprioception	1	2	3	4	5	6	7	8	9	10	13	17	21	25
External Rotation							•	•	•	•	•	•	•	•
Internal Rotation							•	•	•	•	•	•	•	•
Punches with a plus							•	•	•	•	•	•	•	•
Sport Cord Rows							•	•	•	•	•	•	•	•
Initial push-up plus											•	•	•	•
Lower Traps							•	•	•	•	•	•	•	•
Bicep Curls							•	•	•	•	•	•	•	•
Triceps Extensions							•	•	•	•	•	•	•	•
Initial Closed Chain Stability											•	•	•	•
Resistance Strengthening & Proprioception														
	1	2	3	4	5	6	7	8	9	10	13	17	21	25
External Rotation at 45°										•	•	•	•	•
External Rotation at 90°										•	•	•	•	•
Bear Hugs										•	•	•	•	•
Supraspinatus Exercise										•	•	•	•	•
Advanced Push-up Plus												•	•	•
Stability												•	•	•
PNF with Resistance												•	•	•
Decelerations												•	•	•
Plyometric External Rotation												•	•	•
Phase IV: Weight Lifting in Gym and Return to Sports														
NO LAT PULLS BEHIND BACK, OR WIDE GRIP BENCH PRESS														
Skiing												•	•	•
Throwing Progression												•	•	•
Overhead and Serving Sports (tennis, volleyball)												•	•	•
(football, hockey, lacrosse)													•	•
Swimming												•	•	•



Therapist: _____