

AC Joint Reconstruction Physical Therapy Protocol

Phase 1: Protection and Range of Motion (Weeks 0–4)

Sling Usage:

- Sling with abduction pillow (discontinue pillow at Week 4).

Restrictions:

- No active range of motion (AROM) until Week 8.

Exercises:

- **Pendulums**
- **Scapular Retractions:** Avoid shoulder shrugs.
- **Active ROM:** Elbow, wrist, and hand.
- **Passive ROM:**
 - Shoulder flexion and abduction to 90°.
 - External rotation (ER) and internal rotation (IR) unrestricted.

Phase 2: Early Strengthening (Weeks 4–6)

Key Changes:

- Discontinue abduction pillow.

Exercises:

- **Isometrics:** Begin for ER and IR.
- **Assisted Active Range of Motion (AAROM):**
 - Flexion and abduction to 90°.
 - Full ER and IR.

Phase 3: Strength and Mobility (Weeks 6–8)

Key Changes:

- Discontinue sling.
- Progress to full AAROM as tolerated.

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Through Small Incisions 

Exercises:

- **Unrestricted Isometrics:** Rotator cuff (RTC) and periscapular muscles.
- **Concentric and Eccentric Exercises:** Begin at Week 8.

Advanced Sports-Specific Training (Week 16 Onwards)

Key Focus:

- Advanced weight-bearing exercises.
- Plyometric exercises.
- Sports-specific drills.

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