



REHABILITATION PROTOCOL

AC Joint Reconstruction

Patient Name: _____

Date of Surgery: _____

Surgery Details: _____

Sling for 5 weeks

Weeks 1-5

1. Full elbow and wrist ROM
 2. No shoulder ROM
- Periscapular mobilization, soft tissue release

Phase 1 – Passive

Week 6

Begin: _____

1. Pendulums to warm-up
2. Forward elevation, internal rotation, external rotation

Phase 2 – Active

Week 7

Begin: _____

1. Pendulums to warm-up
2. Forward elevation, external rotation, internal rotation
3. Terminal stretch to achieve full ROM

Phase 3 – Resistive

Week 8

Begin: _____

1. Pendulums to warm-up
2. Continue with Phase 2 to achieve full ROM
3. Rotator cuff and periscapular muscle strengthening (shrugs, rows, serratus, etc. using therabands and/or hand weights)

Weight Training

Begin 2-3 months post-op

No long lever-arm, abducted position or impingement position exercises

Return to Activity

Computer

5 weeks

Golf

8 weeks, chip and putt only

Tennis

4 months

Contact Sports

5 months

I hereby certify these services as medically necessary for the patient's plan of care.

Physician's Signature

Date: _____