



### Acromioclavicular Joint Reconstruction

	ROM	IMMOBILIZER	EXERCISES
2-8 weeks	<ul style="list-style-type: none"> <li>• Supine only PROM. No adduction of shoulder across the body</li> <li>• Gradual increase in flexion and abduction in the scapular plane; limit flexion to 70 degrees and abduction to 70 degrees for the first 4 weeks; then increase as tolerated.</li> <li>• No restrictions on glenohumeral internal and external rotation</li> <li>• Restrict glenohumeral extension.</li> <li>• Arm must never be unsupported in the upright position</li> </ul>	0-6 weeks: Remove only for physical therapy and hygiene. Should be performed supine.	<ul style="list-style-type: none"> <li>• Elbow and shoulder isometric exercises</li> <li>• Week 4: Begin closed chain scapular stabilization, deltoid, and rotator cuff while supine or with gravity eliminated</li> </ul>
8-16 weeks	<ul style="list-style-type: none"> <li>• Active/ Active assist ROM</li> <li>• Full ROM (including extension) should be achieved by Week 12</li> </ul>	None	<ul style="list-style-type: none"> <li>• Active assisted strengthening exercises</li> <li>• No pressing activities or lifting from the floor, such as a dead lift</li> </ul>
16-24 weeks	<ul style="list-style-type: none"> <li>• Progress to full active ROM in all planes</li> </ul>	None	<ul style="list-style-type: none"> <li>• Advanced strengthening and sports specific exercises</li> </ul>

Return to Play Criteria: Full painless ROM, satisfactory clinical exam, muscle strength that fulfills work/sport requirements. Add total body conditioning; including strength and endurance training if appropriate. Initiate sport/work specific drills or activities. Initiate appropriate interval throwing, pitching, tennis, and golf program as appropriate at approximately 20-24 weeks. It may require 6 to 9 months to return to peak strength.

**Red Flags:**

OK to have mild discomfort with exercises, but if it persists > 1 hour, the intensity of the exercises must be decreased.

If there is an increase in night pain, the program must be altered to decrease the intensity.