



AC Joint Reconstruction Post-Operative Rehabilitation Protocol

Weeks 1-6:

- No formal PT for 6 weeks
- Sling for 6 weeks
- AROM at elbow and wrist only
- Grip strengthening OK

Weeks 6-12:

- 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
- NO RROM shoulder flexion until 12 weeks post-op

Weeks 12+:

- Progressive full AAROM > AROM of the shoulder
- Isotonic shoulder exercises
- NO RROM shoulder flexion until 12-week post-op, and has regained range of motion
- **Upper Body Assessment when initiating return to activity progression. Schedule via QR code or spc@rushortho.com





MIDWEST
ORTHOPAEDICS
AT RUSH

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