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Acromioclavicular (AC) Joint Reconstruction

REHABILITATION PROTOCOL

PHASE	RANGE OF MOTION	IMMOBILIZER	THERAPEUTIC EXERCISE
Phase I **0–6 weeks** GOAL TO ADVANCE *Passive flexion 90°, ER 30°*	Passive and active-assisted only (lying down): flexion, abduction and ER limited to 90°. No active shoulder motion. No reaching across the body or behind the back	Sling at all times, including sleep, except hygiene and exercise. Keep elbow supported; do not let the arm hang*	Pendulums, elbow/wrist/hand ROM, grip, scapular retraction, gentle ER/IR isometrics. No lifting; no weight bearing through the arm
Phase II **7–12 weeks** GOAL TO ADVANCE *Passive flexion 140°, ER 60°; active flexion 100°*	Progress passive and active-assisted (table slides, wall walks); begin active motion. Still no reaching across the body or behind the back	Wean at 6 weeks	Side-lying ER, prone rows, prone extension, prone T/Y, scaption, band ER/IR, biceps curls, serratus punch. Lift ≤1 lb; no forceful pushing or pulling
Phase III **13–18 weeks** GOAL TO ADVANCE *Full functional motion*	Full; add cross-body, behind-back and hands-behind-head stretching	None	Add 1-5 lb to Phase II exercises; W's, ER/IR at 90°, wall push-ups, rhythmic stabilization. No weighted overhead lifting
Phase IV **19+ weeks** GOAL TO ADVANCE *Physician clearance*	Full without discomfort	None	Push-up progression, plyometrics (ball on wall, rebounder), sport-specific training. Contact sports and heavy lifting at about 6 months**

NOTES

*Gravity pulls the arm and shoulder down, which stresses the reconstruction while it heals

**If approved by physician