



AC JOINT RECONSTRUCTION PROTOCOL

Name: _____ Date: _____

Diagnosis: _____

Date of Surgery _____

Frequency: 1 2 3 4 times/week Duration: 1 2 3 4 5 6 Weeks

Weeks 1-6:

- 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 6-12:

Weeks 6-12:

- Progressive full AAROM > AROM of the shoulder
- Isotonic shoulder exercises
- NO RROM shoulder flexion until 12 week post-op

Comments:

Functional Capacity Evaluation Work Hardening/Work Conditioning Teach HEP

Modalities:

Electric Stimulation Ultrasound Iontophoresis Phonophoresis
 TENS Heat before/after Ice before/after Trigger points massage
 Therapist's discretion
 Other _____

Signature: _____ Date: _____