

ACROMIOCLAVICULAR (AC) JOINT RECONSTRUCTION PT PROTOCOL

	BRACE INSTRUCTIONS AND RESTRICTIONS	RANGE OF MOTION GOALS	PT EXERCISES/ NOTES
PHASE 1 First 6 Weeks (0-6) 1 Sessions/week Begin after 4 weeks	<ul style="list-style-type: none"> - Shoulder immobilizer x 6 weeks full time except hygiene and PT exercises - Permit motion only supine and with gravity eliminated - Avoid horizontal adduction - Avoid downward traction 	<ul style="list-style-type: none"> - PROM as tolerated in supine position or with gravity eliminated 	<ul style="list-style-type: none"> - Closed chain scapular stabilizers, deltoid, and rotator cuff while supine or with gravity eliminated
PHASE 2 Second 6 Weeks (6-12) 1-2 Sessions/week	<ul style="list-style-type: none"> - Out of brace - Avoid AROM in supine or seated position - Caution with end range forward elevation, cross body adduction, and IR 	<ul style="list-style-type: none"> - AROM in prone position - Advance closed chain PROM 	<ul style="list-style-type: none"> - Phase 1 exercises progressing from flat surface, to incline surface, to vertical surface - Progress to supine flexion and pulley exercises - Progress to Open chain exercises - Progress to Active assist strengthening in all planes
PHASE 3 Third 6 Weeks (12-18) Sessions once/week or once every other week		<ul style="list-style-type: none"> - Full AROM in all planes 	<ul style="list-style-type: none"> - Begin isotonic strengthening, scapular strengthening exercises including isometrics
PHASE 4 18 Weeks + Sessions as needed Transition to home exercise program		<ul style="list-style-type: none"> - Sport specific exercises 	<ul style="list-style-type: none"> - Return to sport after 5 months (contact sport after 6 months) and clear by MD

This protocol is intended for the purposes of guiding post-surgical or post-injury rehabilitation exercises and goals. These guidelines may be interpreted by a certified physical or occupation therapist and tailored to meet patient specific goals and expectations. Other specific modifications may be made by Dr. Butterfield depending on adjuvant surgical procedures, surgical findings, or rehabilitation progress.

Please fax initial physical therapy assessment and progress notes to Dr. Butterfield at 763-717-4139. You may direct questions regarding this protocol or patient progress to our office at 763-786-9543.