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AC and/or CC Reconstruction w/Allograft Rehabilitation Protocol

Phase	Immobilization	ROM	Therapeutic Exercises
Phase 1 (week 0-2) Goals: <ul style="list-style-type: none"> Edema control Begin PROM to avoid GH joint stiffness 	<ul style="list-style-type: none"> Ultra-sling use x 6 weeks to decrease strain on AC/CC joint 	<ul style="list-style-type: none"> PROM 0-90 deg forward flexion PROM 0-45 deg ABD PROM ER/IR as tolerated No cross-body ADD X 8 weeks No forward flexion RROM x 12 weeks 	<ul style="list-style-type: none"> Scapular retraction Pendulums Isometric exercises in all planes Cervical, elbow, wrist & hand ROM
Phase 2 (week 2-6) Goals: <ul style="list-style-type: none"> Edema control Begin AAROM 	<ul style="list-style-type: none"> Continue ultra-sling use full time 	<ul style="list-style-type: none"> Begin gentle AAROM: <ul style="list-style-type: none"> 0-90 FF 0-90 ABD ER/IR as tolerated 	<ul style="list-style-type: none"> Scapular retraction Pendulums Isometric exercises in all planes Proprioception exercises
Phase 3 (week 6-12) Goals: <ul style="list-style-type: none"> Begin full AROM Improve isotonic strength 	<ul style="list-style-type: none"> D/C sling use 	<ul style="list-style-type: none"> Begin full AROM of shoulder as tolerated No resisted forward flexion until 12 week mark 	<ul style="list-style-type: none"> Increase Proprioception exercises Begin Isotonic shoulder exercises
Phase 3 (week 12-24)	<ul style="list-style-type: none"> N/A 	<ul style="list-style-type: none"> Full A/PROM 	<ul style="list-style-type: none"> Emphasis on shoulder strengthening Full activities between 5-6 months postoperatively

Additional Comments: