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AC and/or CC Reconstruction w/o 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 at all times x 4 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 6 weeks • No forward flexion RROM x 10 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"> • Ultrasling at all times for 4 weeks <ul style="list-style-type: none"> ○ Sling use when upright week 5-6 	<ul style="list-style-type: none"> • Begin full but gentle AAROM <ul style="list-style-type: none"> ○ Advance to AROM as tolerated week 5 	<ul style="list-style-type: none"> • Scapular retraction • Pendulums • Isometric exercises in all planes • Proprioception exercises
Phase 3 (week 7-12) 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"> • Full AROM of shoulder as tolerated • No resisted forward flexion until 10 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: