

AC Joint Reconstruction

Dr. Erickson

Time Frame	Treatment	Goals
Postop (0 to 6 weeks post op)	<ul style="list-style-type: none"> Dressing change, Cryocuff/ice, e-stim/Kinesiotape if indicated Sling for 6 weeks, remove for hygiene and exercises only Include Codman's exercises at 2 weeks postop Avoid shoulder extensions, no forced stretching Do not force glenohumeral extension Deltoid and cuff isometrics in neutral 	<ul style="list-style-type: none"> Minimize pain and edema Preserve integrity of repair Restore range of motion Limit muscle atrophy
Intermediate Phase (6-12 weeks post op),	<ul style="list-style-type: none"> Moderate protection phase Wean from sling Do not force glenohumeral extension for 10 weeks Progress active assisted range of motion to active range of motion and gravity assisted to resisted <p>10-12 weeks</p> <ul style="list-style-type: none"> Passive and active range of motion all shoulder directions Initiate gentle scapular strengthening Shoulder and scapular isometrics in various positions 	<ul style="list-style-type: none"> Progress range of motion Resolved pain and swelling Preserve integrity of the repair
Strengthening Phase (12-18 weeks post op)	<ul style="list-style-type: none"> Continue A/PROM as needed Strengthening progressing to resistance as tolerated Scapular Stabilization No deadlifts, No pressing activities, No contact activities 	<ul style="list-style-type: none"> Full ROM Improve strength, power and endurance Normalize arthrokinematics
Advanced Strengthening (18+ weeks)	<ul style="list-style-type: none"> Full functional ROM, good shoulder stability 	<ul style="list-style-type: none"> Gradual return to sport Maintain strength, mobility and stability