

Dr. Hwang
AC joint Reconstruction

Time Frame	Treatment	Goals
Post-Op day 1-3	Dressing change, Cryocuff/Ice, E-Stim/Kinesiotape if indicated Sling x 6 weeks, remove for hygiene and ex only	Minimize pain and edema Preserve Integrity of repair Restore ROM Reduce/diminish/minimize muscle atrophy
2 weeks post op	PROM scapular plane Flex and Abd to 70° PROM IR/ER to tolerance Avoid shoulder extensions, No forced stretching	
4 weeks post op	Increase PROM flex, Abd, IR/ER to tolerance Do not force glenohumeral extension Deltoid and Cuff Isometrics in Neutral	
Intermediate Phase 6-10 weeks post op	Moderate Protection Phase Wean from Sling Do not force glenohumeral extension until 10 weeks Progress AAROM and AROM gravity assisted to resisted	Progress ROM Resolve pain and swelling Preserve Integrity of the repair
10-12 weeks post op	P/AROM all shoulder directions Initiate gentle scapular strengthening Shoulder and scapular isometrics in various positions	
Strengthening Phase 12-18 weeks post op	Continue A/PROM as needed Strengthening progressing to resistance as tolerated Scapular stabilization NO dead lifts, NO pressing activities, NO contact activities	Full ROM Improve strength power and endurance Normalize arthrokinematics
Advanced Strengthening 18+ weeks post op	Full functional ROM, Good shoulder stability	Gradual return to sport Maintain strength, mobility and stability