



JAGLOWSKI
ORTHOPEDIC
INSTITUTE

AC Joint Reconstruction Rehabilitation Protocol

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**** The following instructions represent general guidelines. Your personal instructions may be slightly different and will be conveyed to you by Dr. Jaglowski if this is the case. Post-operative instructions, physical therapy protocols, and useful information regarding your post-op care may be found electronically at www.jagsortho.com.****

Abbreviations

- ROM - range of motion
- PROM - passive ROM
- AAROM - active assist ROM
- AROM - active ROM
- ABD - abduction
- ADD - adduction
- ER - external rotation (PER – passive external rotation)
- IR - internal rotation
- FE- forward elevation (AFE – active forward elevation)

Phase I: 0-8 Weeks Post-op

Range of Motion

- Gentle supine PROM as tolerated avoiding horizontal adduction

Sling

- 0-6 weeks: Remove only for exercise and hygiene which should be performed supine with gravity eliminated

Therapeutic Exercise

- Closed chain scapular stabilizers, deltoid and rotator cuff while supine or with gravity eliminated
- ROM and strengthening: elbow and shoulder isometric exercises

Phase II: 8-16 Weeks Post-op

Range of Motion

- Active ROM as tolerated in prone position

Sling

- None

Therapeutic Exercise

- Progress Phase I exercises
- Active assisted strength work in all ROMs
- Begin vertical positioned strengthening at 12 weeks

Phase III: 16-24 Weeks Post-op

Range of Motion

- Progress to full AROM in all planes

Sling

- None

Therapeutic Exercise

- Advance strengthening as tolerated
- Progress Phase II and Phase I exercises
- Begin sport-specific exercises after week 20 when cleared by Dr. Jaglowski