

# AC Joint Reconstruction Protocol



Name: \_\_\_\_\_ Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_ Frequency: \_\_\_\_\_ times per week | Duration: \_\_\_\_\_ weeks

## Weeks 1-6:

- » Chronic Type III, IV, and V: Patient in Gunslinger brace for 6 weeks following surgery
- » Acute Injury: Soft brace or Gunslinger for 6 weeks

## Weeks 6-12:

- » Physical therapy begins
- » PROM 0-90 FF, 0-45 ABD MAX, ER/IR, as tolerated
- » Elbow / wrist / hand ROM okay
- » No cross-body adduction for 8 weeks
- » Isometric exercises in all planes
- » No AROM shoulder flexion until 12 weeks post-op

## Week 12:

- » Progressive full AAROM → AROM of the shoulder
- » Isotonic shoulder exercises
- » Strengthening exercises begin below shoulder level; progress as tolerated over next 6-12 weeks

## Additional:

- Teach HEP    Work Hardening/Work Conditioning    Functional Capacity Evaluation

## Modalities:

- Ice or cryotherapy before/after    Heat before/after    Electric Stimulation    TENS    Ultrasound
- Trigger points massage    Dry needling    Therapist's discretion

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Want to learn more?** Find relevant videos, animations, and research material by orthopaedic surgeon Dr. Anthony Romeo at [anthonyromeomd.com](http://anthonyromeomd.com). →

