

## AC RECONSTRUCTION REHABILITATION PROGRAM

(TO BE GIVEN TO PHYSICAL THERAPIST)

	RANGE OF MOTION	SLING	THERAPEUTIC EXERCISE
<b>PHASE I:</b> 0-8 WEEKS POST-OP	Gentle supine PROM as tolerated avoiding horizontal adduction	0-6 weeks: Remove only for exercise and hygiene which should be performed supine with gravity eliminated	Closed chain scapular stabilizers, deltoid and rotator cuff while supine or with gravity eliminated  ROM and strengthening: elbow and shoulder isometric exercises
<b>PHASE II:</b> 8-16 WEEKS POST-OP	Active ROM as tolerated in prone position	None	Progress Phase I exercises  Active assisted strength work in all ROMs  Begin vertical positioned strengthening at 12 weeks
<b>PHASE III:</b> 16-24 WEEKS POST-OP	Progress to full AROM in all planes	None	Advance strengthening as tolerated  Progress Phase II and Phase I exercises  Begin sport-specific exercises after week 20 when cleared by MD