

AC RECONSTRUCTION REHABILITATION PROGRAM

(TO BE GIVEN TO PHYSICAL THERAPIST)

	RANGE OF MOTION	SLING	THERAPEUTIC EXERCISE
PHASE I: 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
PHASE II: 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
PHASE III: 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