



Kansas City Orthopedic Alliance

H. Scott Ellsworth, MD

Rehabilitation Protocol: AC Joint Reconstruction

Phase I (4-8 weeks): Protect the Repair

- Sling/brace should be in place when not performing exercises
- Initiate exercise program 3 times per day
 - Immediate elbow, forearm, and hand ROM out of sling
 - Pendulum exercises
 - Passive and active assisted ER at the side to 30 degrees, flexion to 130 degrees
- No lifting with the involved extremity
- AVOID scapular ROM exercises

Phase II (8-12 weeks): Progress ROM and Protect Repair

- May discontinue sling
- Lifting restriction of 5 lbs with the involved extremity
- Advance active and passive ROM in all planes to tolerance
- Initiate gentle rotator cuff strengthening
- Initiate scapular AROM exercises

Phase III (12+ weeks): Full Function

- Discontinue lifting restrictions
- Advance rotator cuff and scapular stabilizer strengthening
- Initiate functional progression to sport specific activities at 4 months

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