

Phase I: Protection Phase (0-6 weeks)

- Precautions
 - No active ROM of Shoulder
 - No shoulder shrugs or closed chain for anterior deltoid (repaired during the procedure) during phase I
 - No passive IR behind back, abduction and ER
- Immobilization
 - Sling at all times except during shower, changing clothes or doing therapy
- Exercise
 - Therapist supervised passive:
 - Forward elevation to less than 90 degree and abduction less than 45 degrees
 - External and internal rotation to tolerance with arm at side
 - Wrist, hand and elbow AROM ROM exercise

Phase II: Range of motion phase (6-12 weeks)

- Precautions
 - Range of motion exercises that may increase stress on the AC joint, specifically internal rotation (IR) behind the back, shoulder shrugs, scapular protraction and retraction, abduction and external rotation, cross-body adduction, and end-range forward elevation, are approached cautiously in 6-9 weeks and gradually introduced thereafter
- Immobilization
 - Wean off sling at 6 weeks
- Exercise
 - Establish scapular control and rhythm (Scapular clock, low row, table slide, wall slide)
 - Shoulder and scapular AAROM (pulleys) progressing to AROM
 - Closed chain exercises followed by open chain
 - IR behind the back, cross body adduction and forward elevation beyond 150 degrees increase stress on repair and should be introduced last in this phase
 - Initiate isometrics of shoulder and deltoid and scapula at the end of this phase

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Phase III: Weeks 12-18 (Strengthening phase)

- Exercises
 - Continue isometric exercise
 - Introduce isotonic exercises of shoulder and scapular muscles (bands followed by light weights)
 - Targets: rotator cuff, deltoid, serratus anterior, latissimus dorsi, trapezius, scapular rotators, biceps, pectoralis major

Phase IV: 18 Weeks Beyond (Advanced strengthening phase)

- Exercises
 - Start sport specific training and drills
 - Return to throwing
 - Contact sports at 6 months