



AC Jt Reconstruction

Sling: Worn continuously except in therapy or during exercise sessions until 4 weeks

WEEKS 1 – 4

- Continue sling x 4 wks
- Continue appropriate elbow and wrist AROM
- Active assisted motion (AAROM) supine with wand
 - Flexion to 90 degrees
 - Abduction to 60 degrees
 - ER as tolerated
- Gentle shoulder shrugs / scapular retraction without resistance
- 1-2 Finger Isometrics x 6 (fist in box)

GOALS

- Pain control
- AAROM Flexion to 90 degrees, Abduction to 60 degrees

WEEKS 4 – 6

- D/C Sling
- Continue appropriate previous exercises
- AAROM supine with wand – ER as tolerated, Flex and Abd same as above
- Full pendulum exercises
- Light Theraband ex – ER and IR with pillow or towel roll under arm
 - Flexion, Extension, Abduction, Scaption to 60 degrees
- Standing rows with Theraband
- Biceps and supine Triceps PREs with light weight

GOAL

- Maintain AAROM Flexion to 90 degrees, Abduction to 60 degrees

WEEKS 6 – 8

- Continue appropriate previous exercises with increased resistance as tolerated
- AAROM – Flexion and Abduction to 90 degrees (supine wand)
- ER as tolerated
- IR as tolerated (wand behind back)
- Body blade

GOALS

- AAROM Abduction to 90 degrees
- Normal rotator cuff strength

WEEKS 8 – 10

- Continue appropriate previous exercises

- AAROM – Flexion and Abduction to 120 degrees (wand, pulley, wall climb)
- AROM – Flexion and Abduction to 120 degrees, pain-free
- Prone scapular retraction exercises (light weight)
- Ball on wall (arcs, alphabet)
- BAPS on hands
- Push-up plus against wall
- UBE forwards and backwards at low resistance

GOALS

- AROM Flexion and Abduction to 120 degrees
- 30 wall push-ups

WEEKS 10 – 12

- Continue appropriate previous exercises
- AAROM and AROM through full range
- PROM / mobilization as needed to regain full motion
- Push-up progression – Wall to table
- Ball toss with arm at side

GOALS

- Full AROM