

## **AC JOINT RECONSTRUCTION PROTOCOL**

### **Weeks 1-6:**

- PROM 0-90 FF, 0-45 ABD MAX, ER/IR as tolerated
- Elbow / wrist / hand ROM ok
- NO cross body adduction for 8 weeks
- Isometric exercises .in all planes
- NO RROM shoulder flexion until 12 weeks post-op

### **Weeks 6-12:**

- Progressive full AAROM > AROM of the shoulder
- Isotonic shoulder exercises
- NO RROM shoulder flexion until 12 weeks post-op