AC / SC Joint Reconstruction Rehabilitation Protocol

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This protocol provides general guidelines for rehabilitation following AC / SC joint reconstruction. Progression should be individualized based on the procedure, healing, and patient response, with modifications as directed by the surgeon.

Phase	Goals	Precautions / Restrictions	Treatment
Weeks 0-6	• **Protect surgical site** • Decrease pain and inflammation • PRICE principles • **Maintain integrity of repair** • Maintain cardiovascular conditioning as able	• **No lifting of any object** • Wear immobilizer with abduction pillow except for hygiene and exercise performance (6 weeks) • **No shoulder ROM**	**General guidelines** • Range of motion of elbow, wrist and hand. • Stationary recumbent or upright bike with sling • Walking with sling • Lower body strengthening as able with sling **Initial visit** • PRO's (FOTO, QuickDASH, PSFS)
Weeks 6-12	• **Maintain integrity of repair** • Start ROM • Goal of full shoulder ROM by 12 weeks post-op • Improve muscle activation • Improve motor and neuromuscular control	• Week 6: discontinue abduction pillow, wean from sling over 1-2 weeks • **Do not force motion** • **No weight bearing through involved shoulder** • **No lifting greater than 5 lbs.**	**General guidelines** • Continue lower body strengthening **Week 6** • PRO's (FOTO, QuickDASH, PSFS) • Progress PROM in all planes **Week 8** • AAROM to AROM as tolerated • Elliptical without using arms **Week 10** • Add arms to elliptical • Shoulder isometrics may be initiated
Weeks 12-16	• **Maintain integrity of repair** • Progress exercises • Progress scapular stabilizer strengthening • Full range of motion without compensation	• **Do not force motion** • **No weight bearing through involved shoulder**	**General guidelines** • Advancement to isotonic exercise per tolerance in all planes **Week 12** • PRO's (FOTO, QuickDASH, PSFS) • Begin muscle endurance exercise on upper body ergometer • Cycling and running permitted if **no pain**
Weeks 16-24	• Address any remaining asymmetries in strength, endurance and movement patterns • Initiation of power development in athletes	• May begin loading through shoulder and initiate push-ups and bench press • **Avoid aggravation of repair** • Continue with low impact activity	**General guidelines** • Continue multiplane strength and stretching. • Advance proprioception exercises • Anaerobic and aerobic interval training (low impact) **Week 16** • Core/LE training • Light loading through shoulder • PRO's and HHD testing (**per MD)**

Phase	Goals	Precautions / Restrictions	Treatment
			Week 20 ● Initiate plyometric activity ● Initiate interval sports program ● Met strength and mobility goals ● Begin throwing program, running program, golf program
Weeks >24	● Initiate return to sport progression ● Initiate plyometric exercise progression ● Initiate higher level impact activity	● Focus on form and control during exercise performance ● Use appropriate work rest intervals ● Assess tolerance to activity during, after and at 24 hours after activity ● **No lifting greater than 50% pre op 1RM until 6 months post op**	**General guidelines** ● Low level sport specific activity, progressing to higher demand activity ● Continue with anaerobic, aerobic conditioning and interval training, and core stability ● Stability in all planes of motion ● Progress plyometric activities **Week 24** ● FOTO, QuickDASH