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## AC Joint Reconstruction Protocol

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

Frequency: \_\_\_\_\_ times per week | Duration: \_\_\_\_\_ weeks

### Weeks 1-6:

- PATIENT IN GUNSLINGER BRACE FOR 6 WEEKS FOLLOWING SURGERY. FORMAL PHYSICAL THERAPY BEGINS 6 WEEKS "AFTER" SURGERY.

### Weeks 6-12:

- 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.

### Week 12:

- Progressive full AAROM > AROM of the shoulder.
- Isotonic shoulder exercises.
- NO RROM shoulder flexion until week 12 post-op and has regained range of motion.

### Comments:

\_\_\_\_\_  
\_\_\_\_\_

### Additional:

\_\_\_ Functional Capacity Evaluation \_\_\_ Work Hardening/Work Conditioning \_\_\_ Teach HEP

### Modalities:

\_\_\_ Electric Stimulation \_\_\_ Ultrasound \_\_\_ Iontophoresis \_\_\_ Phonophoresis \_\_\_ TENS \_\_\_ Heat before/after

\_\_\_ Ice before/after \_\_\_ Trigger points massage \_\_\_ Other: \_\_\_\_\_

\_\_\_ Therapist's discretion

Signature: \_\_\_\_\_ Date: \_\_\_\_\_