

AC Joint Reconstruction Protocol



Name: _____ Date: _____

Diagnosis: _____

Date of Surgery: _____ Frequency: _____ times per week | Duration: _____ weeks

Weeks 1-6:

- » Chronic Type III, IV, and V: Patient in Gunslinger brace for 6 weeks following surgery
- » Acute Injury: Soft brace or Gunslinger for 6 weeks

Weeks 6-12:

- » Physical therapy begins
- » PROM 0-90 FF, 0-45 ABD MAX, ER/IR, as tolerated
- » Elbow / wrist / hand ROM okay
- » No cross-body adduction for 8 weeks
- » Isometric exercises in all planes
- » No AROM shoulder flexion until 12 weeks post-op

Week 12:

- » Progressive full AAROM → AROM of the shoulder
- » Isotonic shoulder exercises
- » Strengthening exercises begin below shoulder level; progress as tolerated over next 6-12 weeks

Additional:

- ☐ Teach HEP ☐ Work Hardening/Work Conditioning ☐ Functional Capacity Evaluation

Modalities:

- ☐ Ice or cryotherapy before/after ☐ Heat before/after ☐ Electric Stimulation ☐ TENS ☐ Ultrasound
- ☐ Trigger points massage ☐ Dry needling ☐ Therapist's discretion

Signature: _____ Date: _____

Want to learn more? Find relevant videos, animations, and research material by orthopaedic surgeon Dr. Anthony Romeo at anthonyromeomd.com. ➔

