

AC JOINT RECONSTRUCTION PROTOCOL

	RANGE OF MOTION	EXERCISES
PHASE I 1-6 weeks	<p>PROM 0-90 FF, 0-45 ABD MAX, ER/IR as tolerated</p> <p>Elbow / wrist / hand ROM ok</p> <p>NO RROM shoulder flexion until 12 weeks post-op</p>	<p>NO cross body adduction for 8 weeks</p> <p>Isometric exercises in all planes</p>
PHASE II 6-12 weeks	<p>Progressive full AAROM > AROM of the shoulder</p> <p>NO RROM shoulder flexion until 12 week post-op</p>	<p>Isotonic shoulder exercises</p>