

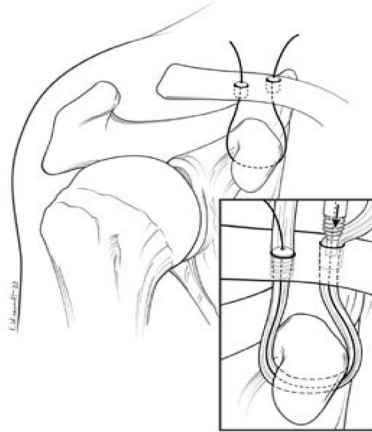
## General Rehabilitation Guidelines

Program for AC Joint Reconstruction

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### Precautions:

- **Basis**
  - The hamstring allograft is looped around the coracoid and then transfixed into the distal clavicle using interference screws



### Outpatient Phase 1: (Weeks 1 - 4)

- **ROM**
  - Pendulum exercises
  - Instruct in home program and begin passive and active-assisted glenohumeral ROM
    - Forward elevation and scaption to 90°
    - External rotation in scapular plane to 30°
    - Internal rotation in scapular plane as tolerated (to chest)
  - Grade I – II glenohumeral and scapular mobilizations
- **Strength**
  - No shoulder or elbow strengthening at this phase
  - Grip strengthening
  - No retractions or depressions
- **Sling**
  - Sling during the day and at night for 4 weeks
- **Other**
  - Instruct to don and doff sling
  - Decrease pain and inflammation and muscles guarding
  - Incision mobilization and desensitization

### Outpatient Phase 2: (Weeks 5 - 8)

- **ROM**
  - Progressive increase in GH ROM
    - Forward elevation and scaption: increase in increments of 15° per week
  - Correct asymmetric capsular tightness
  - External rotation: increase in increments of 15° per week
    - Approach contralateral ER and side by side by 8 weeks
    - Wand exercises for ER stretches
  - Begin active ROM at 6 weeks starting supine and progressing to sitting

- **Strength**
  - Isometric cuff and deltoid strengthening
  - May use UBE especially in reverse for scapular strengthening
    - Increase resistance starting with minimal and progressing
- **Sling**
  - D/c use of sling/immobilizer at week 6
- **Other**
  - Modalities as indicated to control and decrease pain/inflammation/muscle guarding
  - Incision mobilization and desensitization

**Outpatient Phase 3:** (Weeks 9 - 12)

- **ROM**
  - Progressive return to full ROM and flexibility
  - Progress stretching into external rotation in 80-90 degrees abduction
  - Emphasize home program for four-quadrant capsular stretching
  - Include anterior chest wall stretching
  - Grade III and IV glenohumeral and scapulothoracic mobilization
- **Strength and control**
  - Advance concentric and stress eccentric isotonic cuff strengthening
  - Advance eccentric and concentric scapular stabilization

**Functional Phase:** (Weeks 13 - 16)

- Develop sport or work specific ROM
- Sport or work specific kinematics and exercises including one handed plyometrics
- Sport or work specific drills for quickness and agility, endurance and power
  - High resistance UBE