



Post-Operative Rehabilitation for Acromioclavicular Joint Repair

Phase I: Weeks 0-8

- Sling
 - 0-6 Weeks: Worn at all times, including sleep. May remove for showering and exercises.
- ROM
 - Gentle SUPINE PROM as tolerated
 - **AVOID** horizontal adduction
- Exercises:
 - Closed chain scapular stabilizers, deltoid and rotator cuff isometrics IF supine/gravity eliminated.
 - Elbow ROM/isometrics

Phase II: Weeks 8-16

- ROM
 - Active ROM as tolerated in PRONE position
- Exercises:
 - Continue Phase I exercises
 - Active assisted strength in all ROM
 - 12 weeks: Begin vertical positioned strength

Phase III: Weeks 16-24

- ROM
 - Progress to full AROM in all planes
- Exercises:
 - Advance Phase I/II exercises;
 - Advance strength as tolerated
 - 20 Weeks: begin sport-specific exercises IF MD CLEARANCE