

## AC Joint Recon

w/ or w/Allograft  
scopic or open

Post-op protocol for  
**Mathew Taylor, MD**



General Early Principles		<ul style="list-style-type: none"> <li>• Sling use x 6 weeks when awake / not doing therapy</li> <li>• OK remove for sleeping after 4 weeks. Avoid side lying on operative side x 6-8 weeks</li> <li>• Do not elevate / abduct arm over 90 first 4wks</li> <li>• Do not cross adduct / IR rotate past side pocket first 4 wks</li> <li>• OK for cardio (stationary bike/trainer, elliptical &amp; walking while in sling, LE / core)</li> </ul>
Phase I Passive ROM	Week 1-6	<ul style="list-style-type: none"> <li>• OK for pendulum, OK full elbow / hand motion</li> <li>• 1<sup>st</sup> 4 weeks: supine FE 90, ABD 90, ok for full ER</li> <li>• Weeks 5-6: goal to achieve full PROM FE, ABD, ER</li> <li>• Hold IR past back pocket until 6 weeks</li> <li>• Isometric OK IR / ER at neutral</li> <li>• Scapular retraction</li> </ul>
Phase II Active ROM	Week 7-12	<ul style="list-style-type: none"> <li>• Goal to initiate active motion (care not to lift more than 1-2lbs with ADLs). Avoid reaching behind back for ADLs</li> <li>• Goal full AROM (caution with cross adduction / max IR)</li> <li>• Progress AAROM (wks 7-8) to AROM in protected planes</li> <li>• Begin ER/IR at 0 ABD, then progress to 45, then to 90</li> <li>• Depending on patient / pain / surgery: ok to start light protected plane strengthening ~ 10 week mark</li> </ul>
Phase III Strength	Week 13-18	<ul style="list-style-type: none"> <li>• Goal is safe use of arm for full ADLs: care with carrying away from the body / push – pull activities</li> <li>• PRE strengthening starting 1-5lbs</li> <li>• OK for jogging</li> <li>• OK for terminal stretch in all functional planes</li> <li>• RTS progression depending on patient / pathology</li> </ul>
Return to activities:	Immediately	Computer, eating, holding a book, typing, writing
	1-6 weeks	Stationary bike / trainer, walking, elliptical in sling Core / protected LE strengthening in sling
	12 weeks	Jogging
	4 months	Low risk road biking
	4-6 months	Goal specific RTS patient dependent (contact, etc)

### Special Notes:

Chronic injuries / allograft reconstructions / high risk delayed healing patients ... above timeline may be modified