



**Matthew Gotlin, MD**  
**159 East 74<sup>th</sup> Street**  
**New York, NY 10021**

**REHAB PROTOCOL: AC Joint Reconstruction**

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Diagnosis:** \_\_\_\_\_

**Date of Surgery:** \_\_\_\_\_

**Phase I: Protection Phase (0-6weeks)**

**Precautions**

- No active ROM of Shoulder
- NO shoulder shrugs or closed chain for anterior deltoid (repaired during the procedure) during phase I
- No passive IR behind back, abduction and ER

**Immobilization**

- Shoulder orthosis at all times except during shower, changing clothes or doing therapy
- Watch out for ulnar neuritis and skin breakdown on ulnar side of elbow

**Exercise**

- Therapist supervised passive
  - Forward elevation to less than 90 degree and abduction less than 45 degrees
  - External and internal rotation to tolerance with arm at side
- Wrist, hand and elbow ROM exercise with the arm in orthosis

**Phase II: Range of motion phase (6-12 weeks)**

**Precautions**

- Range of motion exercises that may increase stress on the AC joint, specifically internal rotation (IR) behind the back, shoulder shrugs, scapular protraction and retraction, abduction and external rotation, cross-body adduction, and end-range

159 East 74th Street  
New York, NY 10021  
Tel: 212-737-3301 Fax: 212-734-0407

2 Overhill Rd, Suite 310  
Scarsdale, NY 10583  
Tel: 914-725-6970 Fax: 914-725-6972

1600 Stewart Ave, Suite 100  
Westbury, NY 11590  
Tel: 516-243-8506 Fax: 212-734-0407

1870 Richmond Road  
Staten Island, NY 10306  
Tel: 718-285-7118 Fax: 212-734-0407

161 Atlantic Avenue  
Brooklyn, NY 11201  
Tel: 212-737-3301 Fax: 212-734-0407

200 West 13<sup>th</sup> Street, 6<sup>th</sup> Floor  
New York, NY 10077  
Tel: 212-737-3301 Fax: 212-734-0407

9226 Kennedy Boulevard  
North Bergen, NJ 07047  
Tel: 212-737-3301 Fax: 212-734-0407

forward elevation, are approached cautiously in 6-9 weeks and gradually introduced thereafter

## **Immobilization**

- Wean off sling at 6 weeks

## **Exercise**

- Establish scapular control and rhythm (Scapular clock, low row, table slide, wall slide)
- Shoulder and scapular AAROM (pulleys) progressing to AROM
  - Closed chain exercises followed by open chain
  - IR behind the back, cross body adduction and forward elevation beyond 150 degrees increase stress on repair and should be introduced last in this phase
- Initiate isometrics of shoulder and deltoid and scapula at the end of this phase

## **Phase III: Weeks 12-18 (Strengthening phase)**

### **Exercises**

- Continue isometric exercise
- Introduce isotonic exercises of shoulder and scapular muscles (bands followed by light weights)
  - Targets: rotator cuff, deltoid, serratus anterior, latissimus dorsi, trapezius, scapular rotators, biceps, pectoralis major
  - Blackburn Y's and T's to be started free hand without weights first till significant control is achieved

## **Phase IV: 18 Weeks Beyond (Advanced strengthening phase)**

### **Exercises**

- Start sport specific training and drills
- Return to throwing
- Contact sports at 6 months

## **Modalities**



- ◇ Heat and Ice
- ◇ Ultrasound
- ◇ Iontophoresis
- ◇ Phonophoresis
- ◇ Therapists' discretion
- ◇ TENS
- ◇ Trigger point massage

**Evaluations and Other**

- ◇ Teach home exercise program

**Comments:**

**Frequency:** 2 times per week

**Duration:** 12 weeks

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

159 East 74th Street  
New York, NY 10021  
Tel: 212-737-3301 Fax: 212-734-0407

2 Overhill Rd, Suite 310  
Scarsdale, NY 10583  
Tel: 914-725-6970 Fax: 914-725-6972

1600 Stewart Ave, Suite 100  
Westbury, NY 11590  
Tel: 516-243-8506 Fax: 212-734-0407

1870 Richmond Road  
Staten Island, NY 10306  
Tel: 718-285-7118 Fax: 212-734-0407

161 Atlantic Avenue  
Brooklyn, NY 11201  
Tel: 212-737-3301 Fax: 212-734-0407

200 West 13<sup>th</sup> Street, 6<sup>th</sup> Floor  
New York, NY 10077  
Tel: 212-737-3301 Fax: 212-734-0407

9226 Kennedy Boulevard  
North Bergen, NJ 07047  
Tel: 212-737-3301 Fax: 212-734-0407