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# AC JOINT RECONSTRUCTION

#### Weeks 1-6:

- No formal PT x6 weeks
- Sling for 6 weeks
- · AROM at elbow and wrist only
- Grip strengthening OK

## Weeks 6-12:

- PROM 0-90 FF, 0-45 ABD MAX, ER/IR as tolerated
- Elbow / wrist / hand ROM ok
- · NO cross body adduction for 8 weeks
- · Isometric exercises in all planes
- NO RROM shoulder flexion until 12 weeks post-op

## Weeks 12+:

- Progressive full AAROM > AROM of the shoulder
- Isotonic shoulder exercises
- · NO RROM shoulder flexion until 12 week post-op, and has regained range of motion.

Adapted from Dr. Nikhil Verma Rehabilitation Guidelines

