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## Shoulder AC joint reconstruction Guidelines

Post Op Time:	Exercise Progression
0-6 Weeks	<ul style="list-style-type: none"> <li>Arm in sling/immobilizer for 6 weeks</li> <li>Modalities as needed</li> <li>Isometric strengthening and ROM of the hand, wrist, and elbow</li> </ul>
2-6 weeks post-operative	<p><u>begin formal physical therapy:</u></p> <ul style="list-style-type: none"> <li>Relative immobilization critical for healing of soft tissues</li> <li>Avoid all active ROM exercises</li> <li>Wear sling/immobilizer except for showering and PT</li> <li>Submaximal pain-free deltoid isometrics</li> <li>Continue hand, wrist, and elbow ROM and strengthening</li> </ul> <p>2-6 weeks post-operative : <b>PROM → Forward Flexion to 90°, Abduction to 60°, External Rotation to neutral, Extension to neutral, Internal Rotation to chest wall</b></p>
6-8 weeks post op	<ul style="list-style-type: none"> <li>D/C sling/immobilizer</li> <li>Begin pain-free isometric rotator cuff and deltoid exercises at 6 weeks</li> <li>Begin gentle rotator cuff and scapular stabilizer strengthening at 8 weeks</li> </ul> <p>6-8 weeks: <b>AAROM → Forward Flexion to 120°, Abduction to 90°, External Rotation to neutral, Extension to neutral, Internal Rotation to chest wall</b></p>
8-10 weeks post-operative	<p><b>Forward Flexion to 140°, Abduction to 120°, External Rotation to 45° with arm abducted, Extension to neutral, Internal Rotation to 45° with arm abducted</b></p>
>10 weeks post-operative	<p><b>AAROM/AROM → advance to full AROM in all planes</b></p>
4-6 months post-operative	<ul style="list-style-type: none"> <li>ROM- Full without discomfort, no lifting restrictions</li> <li>Progress strengthening as tolerated: isometric → therabands → light weights</li> <li>Scapular and latissimus strengthening</li> <li>Humeral head stabilization exercises</li> <li>Rotator cuff, deltoid, and bicep strengthening</li> </ul>