

Physical Therapy Prescription

ACROMIOCLAVICULAR RECONSTRUCTION REHABILITATION PROTOCOL			
TIME PERIOD	RANGE OF MOTION	IMMOBILIZER	EXERCISES
0-6 weeks	Passive range of motion as tolerated. Avoid cross body motions and overhead activity.	Wear at all times except for exercises and hygiene. Begin weaning from sling at 6 weeks post-op.	Wrist, elbow, and hand ROM. Upper extremity isometrics. No active shoulder range of motion.
6-12 weeks	Active assisted range of motion. May increase to active range of motion by 3 months.	None	Begin gentle Thera band strengthening exercises
3-6 months	Increase to full motion in all planes as tolerated	None	Let symptoms be guide. Advance level of strengthening. Begin sports specific drills.

*****Begin physical therapy 1 week after surgery**

<p>Dane Todd, MD Questions please call: # 402-488-3322 Fax: 402-488-3336</p> <p>Patient Name: _____</p> <p>Surgery Date: _____</p> <p>Diagnosis: status post AC Reconstruction Side (Circled): Right Left</p> <p>Physical therapy to evaluate and treat for post op AC Joint Reconstruction using the above protocol. 1-2x per week for 12 weeks</p> <p>Notes: _____</p> <p>MD signature:</p>
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