

**PHYSICAL THERAPY PROTOCOL
AC JOINT/CC LIGAMENT RECONSTRUCTION**

Sling for 6 weeks

No cross-body adduction for 6 weeks

No upright flexion or abduction for 6 weeks

5lbs Weight Limit for 3 months

WEEK 0-2:

- ROM: elbow, wrist, and hand

WEEK 2-6:

- ROM restricted to 90° FE, 45° ABD, ER/IR to tolerance
- Begin with PROM, advance as able to AAROM, AROM (SUPINE ONLY) within restrictions

WEEK 6:

- Wean out of sling
- PROM > AAROM > AROM (now upright) to full ROM
- Isometrics > light bands
- Scapula mobilization/training; retraction and depression

WEEK 8:

- Advance strengthening to bands and light weights (<5 lbs)
- Gentle stretching to regain all ROM
- Bodyblade/proprioception
- Continue scapula training

WEEK 12+:

- Advance strengthening with weights
- Incorporate plyometrics
- Sport and occupation conditioning

Return to sport at 4.5 - 6 months