

Protocol for:

- **AC Fixation/Reconstruction**

Wear Sling for 8 weeks, but remove daily to move elbow, wrist and hand
 Rehab starts 4 weeks after surgery, No lifting, pushing or pulling for 3 months

May return to:

- Computer, eating, typing, writing, holding a book or cup immediately
- Golf in 3 – 4 months
- Tennis in 4 months
- Contact Sports in 4 – 5 months

Phase I (Passive ROM)	Weeks 4 & 5	<ul style="list-style-type: none"> • Pendulums to warm up • PROM <ul style="list-style-type: none"> ○ Supine ER only – full ○ Supine FE only – full ** careful and slowly ○ IR - full
Phase II (Active/Assistive)	Weeks 6 & 7	<ul style="list-style-type: none"> • Pendulums to warm up • Active Assisted ROM with terminal stretch to prescribed limits • Supine → Seated ER – full • Supine → Seated FE – full • IR - full
Phase III (Resisted)	Weeks 8 & 9	<ul style="list-style-type: none"> • Pendulums to warm up and continue with phase II • ER and IR • Standing forward punch • Seated rows • Biceps curls • PRE's for Persiscapular strengthening
Weight Training	Weeks 10 - 12	<ul style="list-style-type: none"> • Keep hands within eyesight • Keep elbows bent • Minimize overhead activities ** No Military Press, pulldowns behind head, or wide grip bench press

ROM – Range of Motion
ER – External Rotation
FE – Forward Elevation
IR – Internal Rotation
PRE's – Progressive Resistance Exercises