



Acromioclavicular Joint Reconstruction Rehabilitation Program

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Diagnosis: Right / Left Acromioclavicular joint reconstruction _____

Date of Surgery: _____

Weeks 0-6 (Phase I):

- Sling in place for 6 weeks, remove only for hygiene and exercise, which should be performed in the supine position to eliminate gravity.
- ROM: supine gentle passive ROM as tolerated, avoiding horizontal adduction.
- Closed chain scapular stabilizers, deltoid and rotator cuff while supine or w/gravity eliminated
- Elbow and shoulder isometric exercises

Weeks 8-16 (Phase II):

- Active ROM as tolerated in the prone position.
- Progress exercises from Phase I with active assisted exercises.
- Begin vertical strengthening at 12 weeks.

Weeks 16-24 (Phase III):

- Progress to full active ROM in all planes.
- Advance strengthening as tolerated
- Begin sport specific exercise at 16-20 weeks.

For more information please visit: www.NuelleSportsMD.com