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Physical Therapy Prescription-AC Joint Reconstruction

Name: _____ Date: _____

Diagnosis: R / L AC Joint Reconstruction DOS: _____

Weeks 0-6 Protective Phase-NO PT

Sling with pillow: wear sling at all times, except for hygiene

Range of Motion: NO shoulder ROM; elbow and grip ONLY

Weeks 6-12 PT Phase I

Sling: May remove pillow, sling only for 2 weeks when outside of home

Range of Motion: supine PROM FF 90, ER/IR as tol, ABD 45

- **Avoid** adduction for 8 weeks
- **NO** AROM FF for 12 weeks

Exercises:

- Isometrics in all planes, including scapular stabilizers
- Elbow and grip as tolerated

Modalities: per therapist

Weeks 12-24 PT Phase II

Range of Motion: AAROM to AROM as tolerated

Exercises:

- Continue Phase I, progressing to upright
- Begin resisted exercises as tolerated once ROM close to normal

Modalities: per therapist

Consider return to sport 20-24 weeks pending surgeon approval