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ORTHOPEDIC SPORTS MEDICINE · TRI-CITY ORTHOPEDICS

POST-OPERATIVE REHABILITATION PROTOCOL

AC Joint Reconstruction

Weeks 1–6 PROTECT THE RECONSTRUCTION

- No formal PT x6 weeks; sling for 6 weeks; AROM at elbow and wrist only; grip strengthening OK

GOALS Sling per protocol

Weeks 6–12 RESTORE MOTION

- PROM 0–90 FF, 0–45 ABD MAX, ER/IR as tolerated; elbow / wrist / hand ROM ok; NO cross-body adduction for 8 weeks
- Isometric exercises in all planes; NO RROM shoulder flexion until 12 weeks post-op

GOALS Full ROM

Weeks 12+ STRENGTHEN & RETURN

- Progressive full AAROM > AROM of the shoulder; isotonic shoulder exercises
- NO RROM shoulder flexion until 12 week post-op and has regained range of motion.

GOALS Contact per Dr. Kelly

Return to Sport & Discharge Criteria

- Full pain-free ROM, including ER without apprehension
- Cuff and periscapular strength $\geq 90\%$; sport drills without instability
- Contact sport per Dr. Kelly (commonly ≥ 5 –6 months); throwers complete an interval throwing program

Time frames are guidelines — progress when phase goals are met, per Dr. Kelly and the treating therapist.

