

AC/CC RECONSTRUCTION PROTOCOL

SLING for 6 weeks, after 4 weeks can remove but keep hands within eyesight, keep elbows bent

Week 1-6 Gentle Passive Range of Motion
External Rotation to Neutral
Internal Rotation to Beltline
Forward Flexion to 90
Elbow / Wrist / Hand Range of Motion
Begin Active Assisted Range of Motion when tolerated

Week 6-8 Range of Motion to Full

Week 8-12 Resistance Exercises
External and Internal Rotation neutral position
Standing Forward Punch
Seated Rows
Shoulder Shrugs
Biceps Curls
Bear Hugs

Weight Training Activity (week 16 and beyond)

Avoid Anterior Capsular stress
Keep hands within eyesight, keep elbows bent
Minimize overhead activity
(avoid military press, lat pull-down behind head, wide grip bench-press)
Flexion and abduction strengthening should be below 90 until after 3 months

Return to Activity Guidelines

Computer	1 week
Recreational sports	4 months
Contact Sports	5 months