



Lisa Kaplin, DO

AC/CC Joint Reconstruction Rehab

Phase I (Weeks 0-4)

- Sling to be worn at all times except for showering; avoid unsupported arm; no lifting >5 lbs.
 - o No shoulder range of motion
- Therapeutic Exercises
 - o Slow, small, gentle shoulder pendulum exercises with supervision of therapist
 - o Elbow/wrist/hand range of motion and grip strengthening
 - o Modalities per PT discretion to decrease swelling/pain

Phase II (Weeks 4-6)

- Continue sling except for showering and PT; avoid unsupported arm; no lifting >5 lbs.
- Range of Motion
 - o 4-6 weeks:
PROM : FF to 90°, Abduction to 60°, ER to neutral, extension to neutral, IR to chest wall.
- Therapeutic Exercise
 - o Submaximal pain-free deltoid isometrics
 - o Elbow/wrist/hand range of motion and grip strengthening

Phase III (Weeks 6-12)

- No lifting >5 lbs
- Range of Motion
 - o 6-8 weeks: AAROM: FF to 120°, Abduction to 90°, ER to neutral, extension to neutral, IR to chest wall.
 - o 8-10 weeks: AAROM/AROM: FF to 140°, Abduction to 120°, ER/IR to 45 with arm abducted.
 - o > 10 weeks: AAROM/AROM: Advance to full AROM in all planes.
- Therapeutic Exercise
 - o Begin pain-free isometric rotator cuff and deltoid exercises at 6 weeks
 - o Begin gentle rotator cuff and scapular stabilizer strengthening at 8 weeks
 - o Continue elbow/wrist/hand range of motion and grip strengthening

Phase IV (Months 4-6)

- Range of Motion – Full without discomfort; no lifting restrictions
- Therapeutic Exercise – Advance strengthening as tolerated: isometrics therabands light weights
 - o Scapular and latissimus strengthening
 - o Humeral head stabilization exercises
 - o Rotator cuff, deltoid and biceps strengthening
- Modalities per PT discretion