

AC Reconstruction Protocol

Name _____ DOS: _____

Dr. Dan Redziniak, MD DX: _____

! = Do exercise for that week/month

Week

		1	2	3	4	5	6	7	8	9	10	13	17	21	25	
PROM Restrictions FE: to Tol Supine 2wk ER: full IR: full ABD: full Begin Full PROM 3wk Begin Full AROM: 6 weeks Sling 4 weeks	Phase I – Maximal Protection															
	Passive Range of Motion (PROM)															
	Date:															
	Scapular Retraction-Depression	•	•	•	•	•	•									
	Cervical ROM Exercises	•	•	•	•	•	•									
	Elbow/Hand/Wrist ROM	•	•	•	•	•	•									
	Pendulums			•	•	•	•									
	Aqua Therapy for Gentle AAROM				•	•	•	•	•	•	•	•	•			
	Ankle Pumps to prevent DVT's	•	•	•	•	•	•									
	Passive ROM															
	External Rotation	•	•	•	•	•	•	•	•	•	•					
	Forward Elevation & Scaption	•	•	•	•	•	•	•	•	•	•					
	Abduction	•	•	•	•	•	•	•	•	•	•					
	Internal Rotation to Belt Line	•	•	•	•	•	•	•	•	•	•					
	Internal Rotation	•	•	•	•	•	•	•	•	•	•					
Phase II-Minimal Protection																
Active Range of Motion (AROM)	1	2	3	4	5	6	7	8	9	10	13	17	21	25		
Active Assist ROM																
Internal & External Rotation		•	•	•	•	•	•	•								
Forward Elevation & Scaption			•	•	•	•	•	•								
Isometrics-Light																
Internal/External Rotation		•	•	•	•	•	•	•	•							
Triceps		•	•	•	•	•	•	•	•							
Active ROM																
Side/lying External Rotation						•	•	•	•	•	•					
Forward Elevation & Scaption (lawn chair progression)						•	•	•	•	•	•					
Salutes (lawn chair progression)						•	•	•	•	•	•					
Prone Horizontal Abduction with ER						•	•	•	•	•	•					
Prone Lower Traps to 60						•	•	•	•	•	•					
Prone Extensions with ER						•	•	•	•	•	•					
Open Chain Proprioception						•	•	•	•	•	•					
Low Load Prolonged Stretches																
Door Jam Series							•	•	•	•	•	•				
Towel Internal Rotation						•	•	•	•	•	•					
Cross Arm Stretch								•	•	•	•	•				
Sleeper Stretch								•	•	•	•	•				
TV Watching Stretch					•	•	•	•	•	•	•					
90/90 External Rotation Stretch					•	•	•	•	•	•	•					
Activities of Daily Living (ADL's)	1	2	3	4	5	6	7	8	9	10	13	17	21	25		
Eating/Drinking (Elbow motion ok)						•	•	•	•	•	•					
Dressing						•	•	•	•	•	•					
Washing/Showering						•	•	•	•	•	•					
Computer with supported arm	•	•	•	•	•	•	•	•	•	•	•					
Driving				•	•	•	•	•	•	•	•					
Lifting up to 5 lbs.							•	•	•	•	•					
Overhead Activity									•	•	•					
Lifting greater than 5 lbs.										•	•	•				

The intent of this protocol is to provide guidelines for progression of rehab. It is by no means intended to serve as a substitute for clinical decision making. Progression through each phase of rehab is based on clinical criteria and time frames as appropriate. It is important that each phase of rehab is mastered prior to initiating the next phase to insure proper healing of repaired tissues.

Week

Phase III: Initial Resistance Strengthening & Proprioception	1	2	3	4	5	6	7	8	9	10	13	17	21	25
External Rotation								•	•	•	•	•	•	•
Internal Rotation								•	•	•	•	•	•	•
Punches with a plus								•	•	•	•	•	•	•
Sport Cord Rows								•	•	•	•	•	•	•
Initial push-up plus											•	•	•	•
Lower Traps								•	•	•	•	•	•	•
Bicep Curls								•	•	•	•	•	•	•
Triceps Extensions								•	•	•	•	•	•	•
Initial Closed Chain Stability											•	•	•	•
Phase IV: Advanced Resistance Strengthening & Proprioception	1	2	3	4	5	6	7	8	9	10	13	17	21	25
External Rotation at 45										•	•	•	•	•
External Rotation at 90										•	•	•	•	•
Bear Hugs										•	•	•	•	•
Supraspinatus Exercise										•	•	•	•	•
Advanced Push-up Plus												•	•	•
Advanced Closed Chain Stability												•	•	•
PNF with Resistance												•	•	•
Decelerations												•	•	•
Plyometric External Rotation												•	•	•
Phase IV: Weight Lifting in Gym and Return to Sports	1	2	3	4	5	6	7	8	9	10	13	17	21	25
CRITERIA: FULL PAINFREE MOTION AND FULL ROTATOR CUFF STRENGTH RESTORED NO LAT PULLS BEHIND BACK, OR WIDE GRIP BENCH PRESS														
Skiing												•	•	•
Throwing Progression												•	•	•
Overhead and Serving Sports (tennis, volleyball)													•	•
Contact Sports (football, hockey, lacrosse)														•
Swimming												•	•	•