



# SIU MEDICINE

## ORTHOPEDICS

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### POST-OPERATIVE AC RECONSTRUCTION REHAB GUIDELINES

Surgery: \_\_\_\_\_

Frequency – twice per week for 12 wks, adjust as needed

#### PHASE 0: IMMEDIATE POST-OP

##### Goals:

1. Protect repair
2. Decrease swelling

##### Activity:

1. Sling at all times  
\*\*Arm must never be unsupported with patient in the upright position
2. Ice therapy
3. Active ROM of elbow, wrist, hand

#### PHASE 1: WEEKS 2-6

##### Goals:

1. Protect repair
2. Decrease pain
3. Prevent stiffness

##### Activity:

1. Sling at all times, may remove for therapy only
2. Discontinue sling at week 6
3. Modalities to decrease pain and inflammation
4. No glenohumeral extension
5. Pendulums

6. AAROM supine – flexion to 90°, abduction to 60°, ER as tolerated  
PHASE 2: WEEKS 7-12

Goals:

1. Full AROM by week 12
2. Improved shoulder stability

Activity:

1. No contact activities, no strengthening, no lifting
2. AROM – flexion and abduction to 120° and progress pain-free
3. PROM – as needed to regain full motion
4. Glenohumeral extension unrestricted after week 10

PHASE 3: 3-4 MONTHS

Goals:

1. Restore shoulder strength

Activity:

1. Shoulder isometric strengthening
2. Ball toss
3. Push-up progression

PHASE 4: 5-6 MONTHS

Goals:

1. Enhance functional use of extremity

Activity:

1. Sport specific training or work hardening as necessary
2. No contact sports until 6 months post-op

Additional Instructions:

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Date