

ACJ RECONSTRUCTION
**(ANATOMIC CORACOCLAVICULAR LIGAMENT
RECONSTRUCTION)**
Shoulder Rehabilitation

Dr. Levene
(2/2015)

Phase I Passive Range of Motion
Pendulums to warm up

Phase II Active range of motion with terminal stretch
Pendulums to warm up

Phase III Resisted plus continue Phase II
Pendulums to warm up

Immobilization in sling or gunslinger brace for 6 weeks. Pendulums only, sleep in sling / immobilizer, No other ROM.

Phase II:

Begin 6 weeks post-op

- Forward elevation
- External Rotation
- Internal Rotation
- Progress to full in all planes ASAP

Phase III:

Begin 8 weeks post-op, when AROM full or near full

- Resisted program/theraband
- Forward flexion
- External rotation and internal rotation
- Shrugs/rows

Weight Training:

Begin 3 months post-op

- No longer lever-arm exercises
- No abducted positions
- No impingement position

Return to activities:

- Computer: 5 weeks
- Golf: 3-3 ½ months
- Tennis: 4 months
- Contact Sports: 4-6 months
- Heavy Labor: 4-6 months