

## **WEAVER DUNN PROTOCOL**

(For AC separation, transfer of coracoacromial ligament to distal clavicle)  
Dr. Bienz

**DOS:** \_\_\_\_\_

**Week 1, Begin Date:** \_\_\_\_\_

- Protection in immobilizer or sling
- Patient out of immobilization for elbow, wrist and hand exercises
- Putty exercises
- May begin gentle codman's exercises
- May begin bicep/triceps isometrics
- May begin PROM to pt. tolerance

**Week 2, Begin Date:** \_\_\_\_\_

- Continue sling
- Continue Codman's exercises
- Continue PROM
- May add light weight to hand and wrist
- May do weighted elbow exercises if supported
- May begin AAROM

**Week 3, Begin Date:** \_\_\_\_\_

- Continue AAROM and PROM in comfort range
- May begin AROM

**Week 4, Begin Date:** \_\_\_\_\_

- May discontinue sling
- Continue AAROM and PROM

**Week 5, Begin Date:** \_\_\_\_\_

- Continue progressing as in week 4 within comfort range
- May begin PRE strengthening program

**Week 6, Begin Date:** \_\_\_\_\_

- Continue PRE strengthening program
- \* May utilize ice throughout rehab program
- \* NO shoulder weighting for 5-6 weeks

