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

Updated: 5/5/16