



# ACJ RECONSTRUCTION (ANATOMIC CORACOCLAVICULAR LIGAMENT SHOULDER REHABILITATION RECONSTRUCTION)

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 SLING FOR 4 WEEKS INCLUDING SLEEP, THEN WEAN OFF AS TOLERATED

## PHASE I:

- 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(POD # 43)

- 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 - 3.5 months
- Tennis: 4 months
- Contact Sports: 4 - 6 months
- Heavy Labor: 4 - 6 months