



JOSHUA ALPERT, MD

Dr. Joshua Alpert
 Post-Operative Rehabilitation Protocol:
 Shoulder - Acromioclavicular (AC) Joint Reconstruction

	Range of Motion	Sling	Exercises
PHASE I 0-6 weeks No physical therapy.	None.	Wear at all times, okay to remove for hygiene	None. No shrugging of shoulders or lifting arm.
PHASE II 6-12 weeks Physical therapy starts.	PROM and AROM as tolerated in prone position	none	Closed chain scapular stabilizers, deltoid and rotator cuff while supine or with gravity eliminated ROM: elbow and shoulder No strengthening until next phase.
PHASE III 12-24 weeks	Progress to full AROM in all planes	none	Start strengthening as tolerated Progress phase II exercises Begin sport-specific exercises after week 20 when cleared by surgeon Begin work conditioning

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