

**Hasani Swindell, M.D.**

Sports Medicine

Shoulder, Elbow & Knee Arthroscopy

Shoulder Replacement Surgery

**T:** 718.246.8700

**F:** 718.246.8701

**Post-Operative Rehabilitation Guidelines for**  
**AC Joint Reconstruction**

**Weeks 1-6:**

- No formal PT x6 weeks
- Sling for 6 weeks
- AROM at elbow and wrist only
- Grip strengthening OK

**Weeks 6-12:**

- PROM 0-90 FF, 0-45 ABD MAX, ER /IR as tolerated
- Elbow / wrist / hand ROM ok
- NO cross body adduction for 8 weeks
- Isometric exercises in all planes
- NO RROM shoulder flexion until 12 weeks post-op

**Weeks 12+:**

- Progressive full AAROM > AROM of the shoulder
- Isotonic shoulder exercises
- NO RROM shoulder flexion until 12 week post-op, and has regained range of motion.