



ACROMIO-CLAVICULAR JOINT RECONSTRUCTION POST-OP REHABILITATION

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0 - 6 Weeks

**Sling immobilization allowed to remove for showers & pendulums
No formal ROMs until 6 Weeks**

6 –10 Weeks

**Gentle active & passive ROMs
All motions are kept below 90° of forward elevation for at least 6
weeks to avoid added stress to the repair**

8 – 12 Weeks

**Motion is increased
Gentle resistive exercises are started**

12– 14 Weeks

**Isokinetic strengthening may be started
Heavy manual labor & athletic activity is avoided for at least 16 weeks**