


 REHABILITATION GUIDELINES
 ACJ RECONSTRUCTION

(ANATOMIC CORACOCALVICULAR LIGAMENT 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

Immobilization in sling or gunslinger brace for 6 weeks. Pendulums only, sleep in sling / immobilizer, No other ROM.

6 WEEKS POST-OP

DOS:

Phase 2

Forward elevation

External Rotation

Internal Rotation

Progress to full in all planes ASAP

8 WEEKS POST-OP

DATE:

Phase 3

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 AT 3 MO

DATE:

No longer lever-arm exercises

No abducted positions

No impingement position

RETURN TO ACTIVITIES

Computer: 5 weeks

Golf: 3-3 ½ months

Tennis: 4 months

Contact Sports: 4-6 months

Heavy Labor: 4-6 months

