

A-C Joint Reconstruction Protocol

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- A. 0-4 weeks post-op
 - 1. Abduction sling
 - 2. Frequent cryotherapy and modalities as indicated
 - 3. PROM phase with ROM restrictions
 - a. 0-2 weeks: ER to tolerance
Abd 90°
Flex 120°
2-4 weeks: Gentle, to tolerance in all planes
- B. 4-6 weeks post-op
 - 1. Abduction sling, may wean from pillow
 - 2. Cryotherapy and modalities as indicated
 - 3. AAROM phase without ROM restrictions
- C. 6 weeks post-op
 - 1. Wean from sling
 - 2. AROM (quality), transitioning to PRE (global shoulder, RC, Scapulothoracic) as tolerated
- D. 12 weeks post-op
 - 1. Continue progressive strengthening
- E. 16 weeks post-op
 - 1. Consider throwing or other sport specific programs (physician cleared)