



AC/CC Joint Stabilization Protocol

Phase 1

- **Sling:** **Wear sling at all times, including while sleeping. Weeks 0-6**
 - Do not allow the arm to jolt/drop as this may damage the repair
- **Weeks 0-6**
 - Perform scapular stability (shrugs, retraction) and grip exercises as shown
 - PASSIVE flexion/extension of elbow twice daily as shown (do not over-extend)
 - Wrist and hand motion such as typing okay after 5 days. Minimal movement such as light grip/relaxing of the hand is encouraged soon after surgery
- **Weeks 2-6**
 - Add PASSIVE external rotation (wrist straight ahead) twice daily as shown
 - **No resistance/ holding objects with the arm/hand greater than 1-2 lb**

Phase 2

- **Weeks 6-9**
 - Begin with assisted active ROM, then progress to active ROM in all planes
 - Goals: Forward elevation 140°+, external rotation 30°- 45° from neutral (limit rotation while arm is 30° abducted, if tight), internal rotation 30°- 50° (limit rotation while arm is 30° abducted, if tight), abduction 90°+
 - Avoid throwing position. NO extreme internal or external rotation
 - Addition of home exercise program as directed by physical therapist
 - Wall climb, wand exercises (begin supine if needed), towel slide, etc.
 - **Begin performing active ROM in all planes focusing on light daily tasks**
 - **Avoid forceful/ repetitive movements, limit force to about 8-10 lb**
- **Weeks 9-14**
 - Advance passive/active ROM
 - Goals: Approach full ROM, wk 12-14. Forward elevation 160°+, external rotation 45°+ from neutral and 45°- 90° (with 30°- 90° abduction), internal rotation 60°- 90° (with 30°- 90° abduction), abduction 120°+
 - Slowly increase ROM by 5°- 10° per week, do not push excessively to match other side.
 - NO extreme internal or external rotation
 - Wk 12: Include light band/isometric resistance as directed
 - **May increase resistance/ holding objects at week 12, up to 10-15 lb max**
 - **Do not perform intense or sports type activity, which may impair healing**

Phase 3

➤ Weeks 14+

- Begin strengthening program as directed (usually 50-75% effort, limit 3x/wk max), such as low level therabands, rows, etc. Transition to home exercise program
- May advance activity to swimming as tolerated
- May begin throwing program if desired/approved
- **We advise against intense sports/activity with likely impact, falls, or risk of forceful twisting of the shoulder until 6 months post-op**

Key Points

- **Strict Sling use during weeks 0-6. Including while sleeping**
- **Slow progress of activity in Phase 3, such as progressing from wall push-ups to counter or knee push-ups, and finally full push-ups**

