



AC Joint Reconstruction

Curtis Bush, MD

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Sling for 5 weeks

No rehab for 4 weeks, Elbow, Hand and Wrist Only

Phase 1 - (PASSIVE) Pendulums to warm-up

Week 5

Passive Range of Motion

Supine External Rotation-Full

Supine Forward Elevation-Full

Internal Rotation-Full

Phase 2 - (ACTIVE) Pendulums to warm up.

Week 6

Active Range of Motion with Terminal Stretch to prescribed limits.

Supine-Seated External Rotation-Full

Supine-Seated Forward Elevation-Full

Internal Rotation- Full

Phase 3 - (RESISTED) Pendulums to warm-up and continue with phase 2.

Week 7

External and Internal Rotation

Standing forward punch

Seated rows

Shoulder Shrugs

Bicep Curls

Bear Hugs

Weight Training

Week 8-12

Keep hands within eyesight, Keep elbows bent.

Minimize overhead activities

(No Military press, pulldown behind head, or wide grip bench)

Return to Activities

Computer: 5 weeks

Golf: 12-14 weeks

Tennis: 4 months

Contact Sports: 4-5 months