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AC JOINT RECONSTRUCTION  
POST-OP ACTIVITY GUIDELINES – Gustavel

Phase 1: 0-6 weeks post-op		
Appointments:	-MD check & dressing/suture checked 7 days post-op -Physical therapy to begin 7-14 days post-op	
Rehabilitation Precautions	-Use sling for 2 weeks. -Do not let weight of arm pull on fixation device for 6 weeks -Do not elevate surgical arm above 90 degrees for 6 weeks -Do not lift objects over 2lbs with surgical arm for 6 weeks -Avoid excessive reaching and external/internal rotation for 6 weeks	
Goals	<ol style="list-style-type: none"> <li>1. Protect the surgical repair</li> <li>2. Ensure wound healing</li> <li>3. Prevent shoulder stiffness</li> <li>4. Regain full ROM</li> <li>5. Control pain and swelling</li> </ol>	
Treatment Strategies	Home Exercises	-Pendulum exercises -Supine ER -Supine assisted elevation limit to 90 degrees -Isometric exercises: IR/ER at neutral -Elbow and forearm exercises -Ball squeezes -Scapular retraction
	Clinic Exercises	-AROM – no ER past neutral -Early serratus work (punch) -Manual therapy per patient needs -Isometrics -Proprioception
	Patient Education	-Surgical procedure -Sling status -ADLs -Wound care

Phase 2: 7-12 weeks post-op	
Appointments:	-MD check at 4-6 weeks postop and every 4-6 weeks thereafter -Physical therapy discharge based on patient progress
Rehabilitation Precautions	-Avoid forceful pushing/pulling until week 12 -No excessive reaching until week 12
Goals	<ol style="list-style-type: none"> <li>1. Protect the surgical repair</li> </ol>

	2. Improve ROM 3. Begin gentle strengthening	
Treatment Strategies	Home Exercises	-Supine/standing Er -Elevation -Behind back IR -Horizontal ADD/ABD -ER/IR @ 90 stretch -Theraband: Biceps curl, row, SA punch -YTIs
	Clinic Exercises	-Manual therapy per patient needs -Progress to gentle strengthening -Progress to dynamic strengthening -Proprioception drills -Rhythmic stabilization -Isotonic exercises
	Patient Education	-Watch symptom response -Return to activities
Return to sport/work criteria	-Normal ROM -Dynamic neuromuscular control with multi-plane activities without pain or swelling	