
Post-Op Protocol for Gregory V. Gomez, MD
Acromioclavicular (AC) Joint – Reconstruction or Repair

Week 0-4

- Maintain sling use
- Pendulum hangs, scapular retractions
- Add passive ER at 2 weeks post op
- *Focus on static progressive stretching
- Light and pain free biceps/triceps strengthening
- Shoulder isometrics in neutral
- No lifting > weight of coffee cup
- No pushing or weight-bearing through arm

Week 4-6

- Wean out of sling
- Begin PT
 - Phase I and II range of motion
 - Overhead pulley
 - Phase I strengthening
 - Scapular strengthening
- May use shoulder actively but nothing > 5lbs
- No pushing or weight-bearing through arm

Week 6-12

- Continue range of motion and strengthening
- At week 8, may use shoulder actively but nothing > 10lbs

Week 12-16

- Total arm strengthening
- May lifting up to 15 lbs