PHYSICAL THERAPY PROTOCOL / PRESCRIPTION
S/P AC RECONSTRUCTION

1-4 WEEKS POST-OP: First 6 weeks is home program
  ✔ Sling x 6 weeks post-op
  ✔ Pendulum exercises
  ✔ Passive supine elevation using the opposite hand. Passive ER to neutral.
  ✔ Modalities, cryocuff prn
  ✔ Hand, wrist, elbow, PRE’s
  ✔ Continue pendulums, passive supine elevation, passive ER
  ✔ Begin scapular strengthening program, in protective range
  ✔ Deltoit isometrics

4-6 WEEKS POST-OP:
  ✔ Joint mobilization & PROM as necessary (passive supine elevation, passive ER)
  ✔ Deltoit isometrics
  ✔ Modalities as needed
  ✔ Begin sub-maximal IR / ER isometric exercises in neutral, arm at side (week 5)
  ✔ Continue scapular strengthening

6-9 WEEKS POST-OP:
  ✔ Begin Theraband IR / ER week 6
  ✔ ROM activities, emphasize flexion. Gentle passive stretch to tolerance forward flexion
  ✔ Deltoid isotonics in scapular plane, only after positive rotator cuff strength is determined (esp. flexion)
  ✔ Continue with scapular PRE’s. Begin biceps PRE’s.
  ✔ Continue with modalities, prn.
  ✔ Progress Rotator cuff isotonics
  ✔ Continue with aggressive scapular exercises
  ✔ Upper extremity PRE’s for large muscle groups, i.e. pects, lats, etc.
  ✔ Begin isokinetic program, IR / ER emphasize eccentrics
  ✔ Continue with flexibility activities

9-16 WEEKS POST-OP:
  ✔ Aggressive upper extremity PRE’s
  ✔ IR / ER isokinetics, velocity spectrum
  ✔ Begin plyometric program for overhead athletes
  ✔ Posterior capsule stretching after warm-ups
16+ WEEKS POST-OP:

- Functional Exercises
- Plyometrics
- Continue Isokinetics