



**Robert C. Grumet, MD**  
**Linda Zaragoza, MMS, PA-C, ATC**

## **Post-Operative Rehabilitation: AC Reconstruction**

### **Phase 1 Physical Therapy (0-6 weeks)**

- Sling x 6 weeks
- Gentle ROM (passive → active assistive)
  - Restrict horizontal Abduction/Adduction (often painful)
- Soft tissue mobilization, isometric exercises, core strengthening

### **Phase 2 Physical Therapy (6-12 weeks)**

- Progress to full active ROM as tolerated; no resistance
- Proprioceptive training
- Soft tissue mobilization, isometric exercises, core strengthening

### **Phase 3 Physical Therapy (12-24 weeks)**

- Progress to full ROM if not already obtained
- Initiate closed-chain and core strengthening
- Continue proprioceptive training
- Focus on functional exercises in all planes, advance only when fully controlled

### **Phase 4 Physical Therapy (24+ weeks)**

- Advance closed-chain and core strengthening
- Sport-specific drills as tolerated
- Full return may take a full 6-12 months or more depending on surgery and recovery