



Sports Medicine, Joint Preservation & Cartilage Restoration

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HIP, KNEE, SHOULDER, ELBOW



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AC JOINT RECONSTRUCTION

Rehab Protocol

Weeks 1-6:

- No formal PT x 6 weeks
- Sling for 6 weeks
- AROM at elbow and wrist only
- Grip Strengthening OK

Weeks 6-12:

- Elbow / wrist / hand ROM ok
- NO cross body adduction for 8 weeks
- Isometric exercises in all planes
- NO RROM shoulder flexion until 12 weeks post-op

Weeks 12+:

- Progressive full AAROM > AROM of the shoulder
- Isotonic shoulder exercises
- NO RROM shoulder flexion until 12 week post-op, and has regained range of motion



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