

AC Joint Rehab Protocol (Types I to III)

Phase One

- Decrease pain.
- Active assisted ROM to include elevation and depression of the arm in the plane of the scapula.
- Do not go beyond the limit where the pain begins
- Modalities
- Isometric flexion/extension.
- Criteria to advance to Phase 2
 - o 75% of FROM compared to opposite shoulder
 - o Minimal pain on palpation of the AC joint
 - o MMT of 4/5 of the deltoid

Phase Two

- Advance patient to full painless ROM and increase strength in an isotonic arc.
- Active assisted ROM with arm at the side and at 90deg of abduction.
- Deltoid, trapezius, and cuff strengthening.
- Avoid bench press
- Criteria to advance to Phase 3
 - o Painless ROM
 - o Pain free palpation of the AC joint
 - o 75% strength of the opposite shoulder.

Phase Three

- Increase strength of the entire shoulder complex musculature
- Isotonic dumbbell shoulder flexion, abduction, shrugs, and bench press
- Progress to Plyometric drills of the upper extremity
- Criteria to advance to Phase 4
 - o FROM
 - o No pain
 - o Satisfactory clinical exam
 - o Near 100% isokinetic strength compared to the opposite shoulder (testing done at 180degrees per second and 300deg/sec).

Phase Four

- Sport specific exercises