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**AC Joint Reconstruction**  
**(Weaver-Dunn; Clavicle Stabilization)**

**Stage 0**

*Note: Support weight of arm to keep AC joint reduced*

1. Modalities- pain, inflammation, and joint stiffness
2. Sling wear for 3-4 weeks (May remove for GH motion while wt of arm is supported)
3. Postural awareness
4. Check Op Note for possible additional pathology
  - Debridment of RTC
  - Calcific Ossifications/Tendonitis
  - Distal Clavicle Resection (**No Horizontal Adduction**)

**Stage 1 (Week 1-4)**

*Note: Support weight of arm to keep AC joint reduced*

1. PROM
2. AAROM (pulley and cane)
3. Table wash
4. Wrist and Elbow PRE's
5. Continue Modalities (reduce inflammation and pain)

**Goals:**

Pain-free AAROM  
Reduce muscle atrophy  
Decrease pain and inflammation

**Stage 2 (week 4-6)**

1. PROM as tolerated
2. AAROM as tolerated
3. Prone Clocks
4. Pain-free AROM initiated
5. CKC exercises
  - Horizontal (table)
  - Vertical (wall)
6. Scapular Stabilization exercises
7. Continue GH inferior mob (grade 2)
8. Continue wrist and elbow PRE's
9. Sub maximal isometrics
10. Initiate UBE 3-4 weeks
11. Initiate trunk exercises
12. Continue modalities as necessary

**Goals:**

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Pain-free AROM by 6 weeks  
Decrease pain and inflammation

**Stage 3 (week 6-8)**

1. Normalize AROM (full in all planes)
2. Scapular stabilization ex's  
-Elevation, Depression, Retraction, Protraction in later stance position with involved hand on wall, and etc.
3. Initiate tubing 6 weeks (punch, pull, ER, and IR)
4. Initiate isotonic's (increase wt.) ER at 0
5. Initiate PNF
6. Continue inferior mob (+ant/posterior mob as indicated)
7. Prone Clock (start without wt first)
8. Proprioceptive and manual control drills
9. Continue modalities prn
10. Instruct in postural exercises

**Goals:**

Increase muscular strength  
Min-0/10 pain  
Improve neuromuscular and proprioceptive control (i.e. body blade)

**Stage 4 (8-12 weeks)**

1. Eccentric cuff and scapular exercise as needed
2. Forward elevation to 70 (full can-thumb up)
3. UE plyometric drills (2 handed)
4. Chest press, push-ups, serratus push-ups in protected ROM
5. Diagonal patterns with LE reaches
6. UE endurance exercises

**Stage 5 (12-16 weeks)**

1. Start functional activities/exercises  
-Overhead sport program initiated 12-14 weeks per approval of physician
2. Advance 1 arm plyometrics
3. Return to sport programs 16-24 weeks

**DC goals**

1. 0-3/10 pain scale
2. Min-to-0 palpable tenderness on clinical exam
3. AROM 5±WNL

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4. Strength 4 to 4+/5 depending on skill level and ADL's  
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