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## 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
  - 75% of FROM compared to opposite shoulder
  - Minimal pain on palpation of the AC joint
  - 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
  - Painless ROM
  - Pain free palpation of the AC joint
  - 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
  - FROM
  - No pain
  - Satisfactory clinical exam
  - Near 100% isokinetic strength compared to the opposite shoulder (testing done at 180degrees per second and 300deg/sec).

### Phase Four

- Sport specific exercises