



**ROSENBERG COOLEY METCALF**  
THE ORTHOPEDIC CLINIC AT PARK CITY  
www.rcmclinic.com

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## **AC Joint Stabilization Protocol**

### **Phase 1**

**Sling**

- 1) Full time use for first 6 weeks
- 2) Discontinue after week 6

**Weeks 0-6**

- 1) Hand, wrist and elbow active motion
- 2) Active scapular motion (shrugs, retraction)

### **Phase 2**

**Weeks 7-9**

- 1) Begin active shoulder motion in all planes – (no restrictions unless otherwise specified)
  - Forward elevation
  - External rotation
  - Extension
  - Abduction
- 2) Initiate independent home motion  
Home exercise program - AAROM for external rotation, wall climbs

### **Phase 3**

**Weeks 10-12**

- 1) Continue motion as needed
- 2) Begin Cuff Strengthening when approved
- 3) Progress to overhead resistance with proper scapulohumeral rhythm
- 3) Avoid external rotation, 90/90, or throwing position

**Week 13+**

- 1) Advance activity
  - Swimming (avoid extreme abduction/external rotation)
  - Begin throwing program progression if approved
  - No contact or at risk activities/sports until 6 months

**6 months**

- 1) Return to regular activity
- 2) Maintenance Program
  - Daily Stretching (all planes)
  - Strengthening 2-3 times / week

Please check our website for updates: <http://www.rcmclinic.com>

