
AC-Joint Reconstruction-Hawkins

Name: _____ Date: ____ / ____ / ____

Phase I: Passive (Week 5)

- No rehab for four weeks, elbow/hand/wrist only
- Sling for five weeks
- Pendulums to warm-up
- Passive range of motion
- Supine external rotation – full
- Supine forward elevation – full
- Internal rotation – full

Phase II: Active (Week 6)

- Pendulums to warm-up
- Active range of motion with terminal stretch to prescribed limits
- Supine → seated external rotation – full
- Supine → seated forward elevation – full
- Internal rotation – full

Phase III: Resisted (Week 7)

- Pendulums to warm-up and continue with Phase II
- External and internal rotation
- Standing forward punch
- Seated rows
- Shoulder shrugs
- Bicep curls
- Bear hugs

Weight Training (Weeks 8 to 12)

- Keep hands within eyesight and elbows bent
- Minimize overhead activities
- (No military press, pull-down behind head or wide grip bench)

Return to Activities

- Computer: 5 weeks
- Golf: 12 to 14 weeks
- Tennis: 4 months
- Contact sports: 4 to 5 months