

## WEAVER -DUNNE PROTOCOL FOR ACROMIOCLAVICULAR JOINT RECONSTRUCTION

	<b>ROM</b>	<b>IMMOBILIZER</b>	<b>THERAPEUTIC EXERCISE</b>
<b>PHASE 1</b> <b>0-8 weeks</b>	Supine PROM gentle as tolerated avoiding horizontal adduction	0-6 weeks- remove only for exercise and hygiene which should be performed supine with gravity eliminated	Closed chain scapular stabilizers, deltoid, and rotator cuff while supine or with gravity eliminated. ROM and strengthening: elbow and shoulder isometric exercises
<b>PHASE 2</b> <b>8-16 weeks</b>	AROM as tolerated in prone position	None	Progress ex. In phase 1, active-assisted strength ex. In all ROM's, vertical positioned strength ex. Begin at 12 weeks
<b>PHASE 3</b> <b>16-24 weeks</b>	Progress to full active ROM in all planes	None	Advance strengthening as tolerated progress ex. from previous phases Begin sport specific exercises

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