AC Reconstruction

Name: _____ DOB: _____

Dr: __Cinque_____ DOS: _____

ROM & Muscle Initiation	1	2	3	4	5	6+	7-11+	12-17+	18-23+	24+
Scapular retraction - depression	■	■	■	■	■	■				
Cervical, elbow, wrist & hand ROM	■	■	■	■	■	■				
Pendulums	■	■	■	■	■	■				
Passive ROM: A) Ext rotation & internal rotation to belt B) Forward elevation & scaption C) Abduction	■	■	■	■	■	■				
Active assist ROM: A) External & internal rotation B) Forward elevation & scaption				■	■	■				
Isometrics A) External & internal rotation B) Biceps & triceps					■	■				
Active ROM A) Sidelying external rotation B) Forward elevation & scaption C) Salutes (lawn chair progression) D) Prone extension & horizontal abd G) Open chain proprioception						■				
Low load prolonged stretches: A) Towel internal rotation B) Cross arm C) Sleeper D) 90/90 external rotation						■				

Progress to Endurance: 6+ wks & PROM FE 120, Abd 90, Ext Rot 30, Q DASH <60%,

Muscular Endurance 3 x 15, 45s rest	1	2	3	4	5	6+	7-11+	12-17+	18-23+	24+
External & internal rotation							■			
Punches with a plus							■			
Sport cord rows							■			
Prone lower trap							■			
Bicep curls / tricep extension							■			
Closed chain stability							■			

Progress to Strength: 12+ wks & AROM FE 120, Abd 120, Ext Rot 45, Q DASH <45%

Muscular Strength 3 x 10 120s rest	1	2	3	4	5	6+	7-11+	12-17+	18-23+	24+
External rotation at 45° & 90°								■		
Bear hugs								■		
Statue of liberty								■		
Push up plus progression								■		

Progress to Power: 18+ wk + strength >80% contralateral: Full can, Abd, Belly press, ER@0, IR@0, QDASH <20%,

Muscular Power 3 x 6, 180s rest	1	2	3	4	5	6+	7-11+	12-17+	18-23+	24+
Advanced closed chain stability									■	
PNF with resistance									■	

									18-23+	24+
Decelerations & Plyometric ext rotation									🟥	
Progress to High Level: 24+ wks + strength >90% contralateral side (motions as above), CKCUEST >21 / 15s										
High Level Activities									**18-23+**	**24+**
Skiing									▉	
Overhead & serving sports										▉
Throwing progression										▉