



Sports Medicine, Joint Preservation & Cartilage Restoration

Kelechi R. Okoroha, MD

HIP, KNEE, SHOULDER, ELBOW

Henry Ford Health System
690 Amsterdam St., Detroit MI
48202 Ph: 313-972-4216
www.KelechiOkorohaMD.com

AC JOINT RECONSTRUCTION

Rehab Protocol

Weeks 1-6:

- No formal PT x 6 weeks
- Sling for 6 weeks
- AROM at elbow and wrist only
- Grip Strengthening OK

Weeks 6-12:

- Elbow / wrist / hand ROM ok
- NO cross body adduction for 8 weeks
- Isometric exercises in all planes
- NO RROM shoulder flexion until 12 weeks post-op

Weeks 12+:

- Progressive full AAROM > AROM of the shoulder
- Isotonic shoulder exercises
- NO RROM shoulder flexion until 12 week post-op, and has regained range of motion



OkorohaPA@gmail.com



37000 Woodward
Ave., Ste.300,
Bloomfield Hills, MI
248-952-9200

14500 Hall Rd.,
Sterling Hgts. MI
48313
586-247-3714



Secretary
313-651-1926