

Name \_\_\_\_\_  
 Date \_\_\_\_\_  
 Physician \_\_\_\_\_



proaxistherapy™

**Patient  
Flow Sheet**

**AC-Joint Reconstruction-Hawkins**

Sling for 5 weeks  
 No rehab for 4 weeks, Elbow, Hand and Wrist Only

**Phase 1 - (PASSIVE)** Pendulums to warm-up  
 Passive Range of Motion

Week 5  
 Supine External Rotation-Full  
 Supine Forward Elevation-Full  
 Internal Rotation-Full

**Phase 2 - (ACTIVE)** Pendulums to warm up.  
 Active Range of Motion with Terminal Stretch to prescribed limits.

Week 6  
 Supine-Seated External Rotation-Full  
 Supine-Seated Forward Elevation-Full  
 Internal Rotation- Full

**Phase 3 - (RESISTED)** Pendulums to warm-up and continue with phase 2.

Week 7  
 External and Internal Rotation  
  
 Standing forward punch  
 Seated rows  
 Shoulder Shrugs  
 Bicep Curls  
 Bear Hugs

**Weight Training**

Week 8-12  
 Keep hands within eyesight, Keep elbows bent.  
 Minimize overhead activities  
 (No Military press, pulldown behind head, or wide grip bench)

**Return to Activities**

Computer 5 weeks  
 Golf 12-14 weeks  
 Tennis 4 months  
 Contact Sports 4-5 months

**Surgeon Comments**