

ACROMIOCLAVICULAR JOINT RECONSTRUCTION POST-SURGICAL REHABILITATION PROTOCOL

POST-OP DAYS 1 - 7

- Sling x 4 weeks - Even while sleeping
- Place pillow under shoulder / arm while sleeping for comfort
- Hand squeezing exercises
- Elbow and wrist active motion (AROM) with shoulder in neutral position at side
- Supported pendulum exercises
- Ice pack

GOAL

- Pain control

WEEKS 1 - 4

- Continue sling x 4 wks
- Continue appropriate previous exercises
- Active assisted motion (AAROM) supine with wand
- Flexion to 90 degrees
- Abduction to 60 degrees
- ER as tolerated
- Gentle shoulder shrugs / scapular retraction without resistance
- 1-2 Finger Isometrics x 6 (fist in box)
- Stationary bike (must wear sling)

GOALS

- Pain control
- AAROM Flexion to 90 degrees, Abduction to 60 degrees

WEEKS 4 - 6

- D/C Sling
- Continue appropriate previous exercises
- AAROM supine with wand - ER as tolerated, Flex and Abd same as above
- Full pendulum exercises

- Light Theraband ex - ER and IR with pillow or towel roll under arm
- Flexion, Extension, Abduction, Scaption to 60 degrees
- Standing rows with Theraband
- Biceps and supine Triceps PREs with light weight
- Treadmill - Walking progression program

GOAL

- Maintain AAROM Flexion to 90 degrees, Abduction to 60 degrees

WEEKS 6 - 8

- Continue appropriate previous exercises with increased resistance as tolerated
- AAROM - Flexion and Abduction to 90 degrees (supine wand)
- ER as tolerated
- IR as tolerated (wand behind back)
- Body blade
- Elliptical trainer **with LEs only**

GOALS

- AAROM Abduction to 90 degrees
- Normal rotator cuff strength

WEEKS 8 - 10

- Continue appropriate previous exercises
- AAROM - Flexion and Abduction to 120 degrees (wand, pulley, wall climb)
- AROM - Flexion and Abduction to 120 degrees, pain-free
- Prone scapular retraction exercises (light weight)
- Ball on wall (arcs, alphabet)
- BAPS on hands
- Push-up plus against wall
- UBE forwards and backwards at low resistance
- Stairmaster
- Pool walking / running - No upper extremity (UE) resistive exercises

GOALS

- AROM Flexion and Abduction to 120 degrees
- 30 wall push-ups

WEEKS 10 - 12

- Continue appropriate previous exercises
- AAROM and AROM through full range
- PROM / mobilization as needed to regain full motion
- Push-up progression - Wall to table
- Ball toss with arm at side
- Treadmill - Running progression program
- Pool therapy - With UE resistance

GOALS

- Full AROM
- 30 table push-ups

MONTHS 3 - 4

- Continue appropriate previous exercises
- Push-up progression - Table to chair
- Ball toss overhead
- Fitter on hands
- Weight training with light weight

GOALS

- Run 2 miles at easy pace
- 30 chair push-ups

MONTHS 4 - 6

- Continue appropriate previous exercises
- Push-ups, regular
- Sit-ups
- Swimming
- Running progression to track
- Progressive weight training program
- Transition to home / gym program

GOAL

- Resume all activities

****NO CONTACT SPORTS UNTIL 12 MONTHS POST-OP****