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ORTHOPAEDIC SPECIALISTS OF NC

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

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- 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

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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 – T able 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****

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SHOULDER POST-OP PHASE I

Perform exercises below frequently: 30 reps, 3 – 5x a day

Grip Squeeze



Elbow active range of motion



Pendulum



Shoulder Shrugs



Ice x 10-15min 2-3 x per day

