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

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**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

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**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*

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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**