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 – 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

Pillow