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# Acromioclavicular (AC) Joint Reconstruction 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

### <u>GOAL</u>

• Pain control

#### <u>WEEKS 1 – 4</u>

- 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

### <u>WEEKS 4 – 6</u>

- 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

#### <u>GOAL</u>

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

#### <u>WEEKS 6 – 8</u>

- 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

#### <u>WEEKS 8 – 10</u>

- 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

### <u>GOALS</u>

- 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

# <u>GOALS</u>

- Full AROM
- 30 table push-ups

## <u>MONTHS 3 – 4</u>

- 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

### <u>MONTHS 4 – 6</u>

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

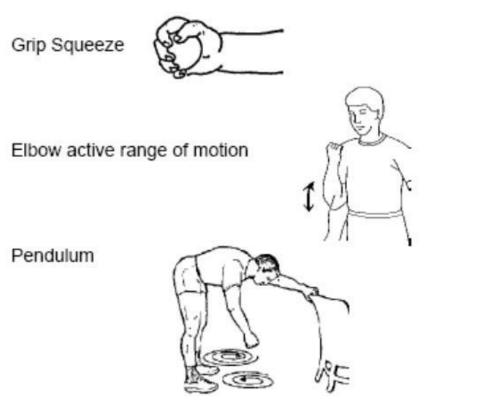
### <u>GOAL</u>

• Resume all activities

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

# SHOULDER POST-OP PHASE I

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



Shoulder Shrugs



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

