



Experience With Proven Results

4140 Centennial Hills Boulevard • Casper, WY 82609 • (307) 265-7205

ACROMIOCLAVICULAR JOINT RECONSTRUCTION

Revised Sep 2013

IMMOBILIZATION/ BRACE:

- Immobilizer brace 12 weeks.
- Use at all times when up and about and when sleeping.
- Remove for exercises.

ROM GOALS:

- NO ROM above shoulder level x 12 weeks.
- Week 12 and beyond:
 - Progress to FULL AA/PROM as tolerated

INITIAL SPECIAL PRECAUTIONS/ LIMITATIONS:

- Support weight of arm when out of immobilizer.
- Avoid direct pressure on shoulder or clavicle x 3 months
- Avoid weight bearing activities on affected upper extremity x 3 months
- Additional restrictions may be prescribed depending on additional surgical findings, procedures and/or surgeon preference.

REHABILITATION PROGRAM:

PHASE 1 A - weeks 0- 6

RANGE OF MOTION:

- Passive and Active Assisted ROM exercises *below* shoulder level
- Supported Pendulum and “rock the baby” exercises and bent over flexion to shoulder level
- “WAND” ER AAROM *seated* with weight of arm supported on pillow
- Active motion of elbow, wrist and hand.

STRENGTHENING:

- *sub maximal*, multiplanar shoulder **isometrics** done in neutral position
- Scapular gentle retraction and circle exercises.
- Gripping and AROM elbow.



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PHASE I B - weeks 6 - 8: continue above.

RANGE OF MOTION:

ADD: WAND supine flexion to 90 or less.

PHASE II- weeks 8--12:

RANGE OF MOTION:

- Continue as above below shoulder level until 12 weeks.
- **AROM supine to shoulder level:** scaption and Abduction slides w/o weight.

STRENGTHENING: Continue above.

ADD:

- **Theraband – below shoulder level light resist** IR, ER, Rows, and Ext.
- **“Ball on Table”** scapular stabilization below shoulder level.
- **UBE** light resistance.

PHASE III- 3 to 4+ months:

RANGE OF MOTION:

- **Progress to FULL as tolerated**

STRENGTHENING: ADD:

1) Hand Weights:

- SIDE ER with pillow under elbow
- PRONE – “Y’s”, “T’s” and “ I’s”

2) Theraband: ADD scaption “plus” protraction

3) Cable pulley weights: Rows, extensions, front Pull downs, IR, ER.

PHASE IV- 4 to 6 months: ADD:

- **“Closed Chain” / Scapular Stabilization progression: SLOW progression as tolerated:** inclined / Wall push-ups (avoid elbow past shoulder level); “ball on wall”, weight bearing over gym ball, wobble board, Vew–Do board etc., and weight shifting “step ups” (should avoid these positions if any multidirectional/ posterior instabilities noted).
- **Plyoball**--progress to two handed forward chest pass
- **Body Blade progressions**

CONDITIONING: increase UBE time and resistance/ interval training- both directions.



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PHASE V: 6+ months:

STRENGTHENING:

- 1) Continue **Hand weight** exercises in a progressive resistive manner.
- 2) Progress to **regular push-ups**.
- 3) Consider more advanced weight training at gym with modifications if given the clearance of the surgeon and guidance of the Physical therapist.
- 4) Advance to **UE Functional training program as tolerated**.

CONDITIONING: continue UBE. May start swimming using breast stroke.

Return to activity/ Duty: usually 8-9 months with return of strength and stability and Ok of surgeon.