



***ACROMIOCLAVICULAR JOINT RECONSTRUCTION
POSTOPERATIVE PROTOCOL***

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Phase One: 0 to 6 weeks after surgery

Goals:

1. Protect the surgical repair
2. Ensure wound healing
3. Prevent shoulder stiffness
4. Regain range of motion
5. Control pain and swelling

Activities:

1. Sling

Use your sling most of the time for the first 2 weeks. The doctor will give you additional instructions on the use of the sling at your post-operative office visit. Remove the sling 4 or 5 times a day to do pendulum exercises.

2. Use of the operated arm

Do not let weight of arm pull on fixation device x 6 weeks

Do not elevate surgical arm above 90 degrees in any plane for the first 6 weeks post-op.

Do not lift any objects over 1 or 2 pounds with the surgical arm for the first 6 weeks.

Avoid excessive reaching and external/internal rotation for the first 6 weeks.

3. Showering

You may shower or bath and wash the incision area after 5 days. To wash under the operated arm, bend over at the waist and let the arm passively come away from the body. It is safe to wash under the arm in this position. This is the same position as the pendulum exercise.

Exercise Program

ICE

Days per Week: 7 as necessary 15- 20 minutes

Times per Day: 4-5

STRETCHING / PASSIVE MOTION

Days per Week: 7 times per day: 4-5

Program:

Pendulum exercises

Supine External Rotation

Supine assisted arm elevation limit to 90 degrees

Isometric exercises: internal and external rotation at neutral

Elbow and forearm exercises

Ball squeeze exercise

Scapular retraction



Phase two: 7 to 12 weeks after surgery

Goals:

1. Protect the surgical repair
2. Improve range of motion of the shoulder
3. Begin gentle strengthening

Activities

1. Sling

Your sling is no longer necessary unless your doctor instructs you to continue using it (use it for comfort only).

2. Use of the operated arm

You can now move your arm for most daily activities, but you need to continue to be careful not to lift objects heavier than 1 or 2 pounds. You should avoid forceful pushing or pulling activities. You should continue to avoid reaching behind you or other positions with the hand behind the head.

3. Bathing and showering

Continue to follow the instructions from phase one and the instructions above.

Exercise Program

STRETCHING / ACTIVE MOTION

Days per week: 7

Times per day: 1 to 3

Supine External Rotation

Standing External Rotation

Supine assisted arm elevation

Arm Elevation in scapular plane

Behind the back internal rotation
(limit beltline)

Horizontal adduction (active reach only)

Hands behind-the-head stretch

ER @ 90° abduction stretch

Proprioception drills

Side lying IR @ 90°

STRENGTHENING / THERABAND

Internal and external rotation

Biceps curl

Row

Forward punch (Serratus punch)

STRENGTHENING / DYNAMIC

Side lying ER

Prone row

Prone extension

Prone 'T's

Prone 'Y's

Standing scaption

Isotonic biceps curl

Rhythmic stabilization

Scapulohumeral rhythm exercises



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Phase Three: starting 13 to 18 weeks after surgery

Goals:

1. Protect the surgical repair
2. Regain full range of motion
3. Continue strengthening progression

Activities:

Use of the operated arm

You may now safely use the arm for normal daily activities involved with dressing, bathing and selfcare. You may raise the arm away from the body; however, you should not raise the arm when carrying objects greater than one pound. Any forceful pushing or pulling activities could still disrupt the healing of your surgical repair. Continue to avoid lifting weighted objects overhead

Exercise Program:

STRETCHING / RANGE OF MOTION

Days per week: 7

Times per day: 1-2

Pendulum exercises

Standing External Rotation / Doorway

Wall slide Stretch

Hands-behind-head stretch

Standing Forward Flexion

Behind the back internal rotation

Supine Cross-Chest Stretch

Sidelying internal rotation (sleeper stretch)

External rotation at 90° Abduction stretch

STRENGTHENING / THERABAND

Days per week: 7

Times per day: 1

External Rotation

Internal Rotation

Standing Forward Punch

Shoulder Shrug

Dynamic hug

Seated Row

Biceps curl

W's

STRENGTHENING / DYNAMIC

Days per week: 7 Times per day: 1

Side-lying External Rotation

Prone Horizontal Arm Raises 'T's

Prone row

Prone scaption 'Y's

Prone extension

Standing forward flexion "full-can" scaption

Add progressive resistance 1 to 5 lb

Rhythmic stabilization and proprioceptive training drills with physical therapist

Limited weight training can begin week 16 per surgeon



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Phase Four: starting 19 to 28 weeks after surgery

Goals:

1. Progression of functional activities
2. Maintain full range of motion
3. Continue progressive strengthening
4. Advance sports and recreational activity per surgeon

Exercise Program

STRETCHING / RANGE OF MOTION

Days per week: 5-7 Times per day: 1

Continue all exercises from phase 3

STRENGTHENING / THERABAND

Days per week: 3 Times per day: 1

Continue from phase 3

STRENGTHENING / DYNAMIC

Days per week: 3 Times per day: 1

Continue from phase 3

PLYOMETRIC PROGRAM

Usually for throwing and overhead athletes

Days per week and times per day per physical therapist

‘Rebounder’ throws with arm at side

Wall dribbles overhead

Rebounder throwing/weighted ball

Deceleration drills with weighted ball

Wall dribbles at 90°

Wall dribble circles