



AC Joint Reconstruction

Phase I (1 – 5 days post-op.)

- Wound: Pain pump removed by nurse/therapist upon initial visit.
- Edema: Edema control interventions
- Sling: Ultrasling worn continuously except in therapy or during exercise sessions until 4 weeks.
- ROM
 - Scapular AROM exercises
 - Initiate PROM of shoulder (flexion to 90, abduction to 60, ER/IR as comfortable w/elbow supported.)
 - A/PROM of the elbow, wrist, and digits
- Strengthening
 - Isometric grip strengthening
- Modalities: PRN for pain & inflammation

Phase II (5 days – 4 weeks post-op.)

- Edema: Edema control interventions
- Sling: Ultrasling worn continuously except in therapy or during exercise sessions until 4 weeks.
- ROM
 - Scapular AROM exercises
 - Initiate PROM of shoulder (shoulder flexion to 90, abduction to 60)
 - ER/IR begin at 0 degrees of abduction, gradually progress to 45 degrees of abduction by 4 weeks. At 6 weeks progress to 90 degrees of abduction.
 - Pendulum exercises, pulleys for flexion to 90.
 - A/PROM of the elbow, wrist, and digits.
 - **NOTE: Restrict horizontal abduction and adduction.**
- Strengthening
 - AAROM ex's. (flexion to 90, abduction to 60, ER/IR at neutral)
 - Isometrics including ER, IR, abduction, extension, biceps and triceps.
 - **NOTE: No resisted shoulder flexion.**
- Week 3
- ROM
 - Initiate AROM within the limits of above.
- Strengthening
 - Initiate manual resistance.
- Modalities: PRN for pain & inflammation



ROCKFORD ORTHOPEDIC

Phase III (4 wks – 10 wks post-op.)

- Wound: Monitor site / scar management techniques
- Edema: Edema control interventions
- Sling: Must continue to be worn outdoors or in public settings for an additional 2 weeks. D/C sling at 6 weeks post op.
- ROM and Strengthening 4-6 weeks post- op unchanged
- Week 6
- ROM
 - Progress full pain free AROM/PROM.
- Strengthening
 - Initiate *light* resistance shoulder flexion.
 - Initiate upper extremity endurance exercises.
 - Initiate *light* isotonic resistance progression.
 - **NO shoulder press, bench press, pectoralis deck, pullovers, resisted horizontal abduction and adduction.**
 - Rhythmic stabilization exercise for shoulder flexion-extension.
 - Initiate PNF at 6 weeks

Phase IV (10 wks + post-op.)

- Strengthening
 - Continue to progress general shoulder strengthening exercises.
 - Initiate light bench press, shoulder press (progress weight slowly).
 - Initiate lat pull downs and rows.
 - Progress tubing PNF patterns.
 - Initiate external and internal rotation at 90 degrees of abduction.
 - Program to plyometric upper extremity exercises.
 - Initiate interval sports program. (Per MD approval)
 - Progress resistance exercise levels and stretching.
 - Progress to Work Conditioning Program or Sports Specific Training. (Per MD approval)
- Modalities: PRN for pain and inflammation

Adapted from:

- 1.) Reinold MM, Wilk KE et.al. Current Concepts in the Rehabilitation following Acromioclavicular joint stabilization using biodegradable material. J Orthop Sports Physical Therapy 2006; 242-243
- 2.) Shoulderdoc. Acromioclavicular joint stabilization (Weaver Dunn), available at: <http://www.shoulderdoc.co.uk/article.asp?article=72§ion=206> Accessed 10-30-2008.
- 3.) Wilk KE, Reinold MM, Andrews, JR. Acromioclavicular Joint Reconstruction Using Synthetic Material Accelerated Rehabilitation Protocol (for Athletes). Winchester MA: Advanced Continuing Education Institute, 2004.