

## **ACROMIOCLAVICULAR JOINT RECONSTRUCTION REHABILITATION PROTOCOL**

### General Guidelines:

- 1) Avoid the force of gravity on the repair for the first 6 weeks
- 2) No lifting objects over 2 pounds with surgical arm for first 6 weeks
- 3) Sling use with pillow beneath for 6 weeks post op. May remove if sitting for periods of time after week 4

### Week 1-3:

- 1) Sling use with abduction pillow beneath sling to support arm and eliminate gravity.
- 2) Elbow, wrist, hand ROM. Squeeze ball.
- 3) No pendulums
- 4) May remove sling for hygiene

### Week 3-6:

- 1) Continue sling use. May remove for sedentary periods. Continue with nighttime use.
- 2) Progress SUPINE PROM and AAROM: forward flexion to 90 degrees, internal/external rotation as tolerated. No forceful stretching.
- 3) No extension or cross body motions.
- 4) Gentle scapular retraction exercises for postural awareness. No shoulder shrugs.

### Week 6-12:

- 1) Wean out of sling as tolerated. Consider public use for 1-2 weeks. May remove for sleep.
- 2) Progress AAROM to AROM as tolerated. No forceful stretching or manipulations. No terminal end range stretching.
- 3) No extension or cross body motions.
- 4) Begin rotator cuff isometrics and progress to light therabands (yellow→ red) at week 8.
- 5) Begin gentle scapular stabilization exercises
- 6) No overhead lifting.
- 7) No jogging

### Week 12 and Beyond

- 1) May begin more aggressive stretching for any deficits
- 2) Progress RTC and scapular strengthening program
- 3) May progress non contact cardio exercises as tolerated.

Anticipate return to overhead activities (ie tennis, swimming) at 5 months, contact sports at 6 months.