

## AC Joint Reconstruction

### Phase I (1 – 5 days post-op)

- Modalities: PRN for pain and inflammation (ice, IFC)
- Sling: Until 4 weeks, Ultrasling worn continuously except in therapy or during exercise sessions
- ROM:
  - Scapular retractions
  - AROM/PROM of the elbow, wrist and digitis

### Phase II (5 days – 4 weeks post-op)

- Modalities: PRN for pain and inflammation (ice, IFC)
- Sling: Until 4 weeks, Ultrasling worn continuously except in therapy or during exercise sessions
- ROM: Continue Phase I
  - Initiate shoulder pendulums avoiding horizontal ab/adduction swinging

### Phase III (4 weeks – 10 weeks post-op)

- Wound care: Monitor site/scar management techniques
- Modalities: PRN for pain and inflammation (ice, IFC)
- Sling:
  - At 4 weeks, DC pillow. Continue to wear sling outdoors and in public setting for an additional 2 weeks
  - At 6 weeks, DC sling
- ROM:
  - At 6 weeks:
    - Being PROM of shoulder to 90 degrees of flexion/abduction
    - PROM IR and ER: as tolerated in painfree range with arm at 0 – 45 degrees of abduction, progressing to 90 degrees of abduction at 8 weeks post-op
    - Begin pulleys to 90 degrees of flexion only
    - **RESTRICT HORIZONTAL ABDUCTION AND ADDUCTION OF THE SHOULDER**
  - At 7 weeks:
    - PROM of shoulder to 90 degrees of flexion/abduction
    - AAROM/AROM may begin flexion to 90 degrees and abduction to 60 degrees
    - AAROM/AROM IR/ER to neutral at 0 degrees of abduction
  - Weeks 8 – 10:
    - Gradually progress to full painfree PROM
    - Begin PROM IR/ER stretching at 90 degrees of abduction

- Strengthening:
  - Weeks 4 – 9:
    - Isometric strengthening: IR, ER, abduction, extension, and bicep/tricep
    - NO RESISTED SHOULDER FLEXION
  - Weeks 8 – 10:
    - Gradually progress to full AROM
    - Begin *light* resisted shoulder flexion
    - Begin rhythmic stabilization exercises for the shoulder for flexion and extension avoiding resisted horizontal abd/adduction
    - IR/ER strengthening below 90 degrees of shoulder elevation
    - May begin UBE and PNF
    - Initiate *light* isotonic resistance program
    - NO shoulder press, bench press, pectoral deck, pullovers, resisted horizontal abd/adduction

#### **Phase IV (10+ weeks post-op)**

- Strengthening:
  - Week 10:
    - Continue with progressive resisted strengthening for the shoulder
    - Initiate light bench press and shoulder press with dumbbells (progress weight slowly)
    - Initial lat pull downs and rows
    - Progress resisted PNF patterns
    - Initiate strengthening of ER/IR at 90 degrees of abduction
  - Week 12:
    - Progress resistance exercise levels and stretching
    - Progress to closed chain strengthening activities
    - Per physician approval:
      - Transition to weight room strengthening and initiate interval sports program
      - Progress to work conditioning program or sport specific training

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&section=206> Accessed 10-20-2008.
- 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.

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