

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) Shoulderdocus. Acromioclavicular joint stabilization (Weaver Dunn), available at: <http://www.shoulderdocus.co.uk/article.asp?article=72§ion=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.