

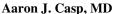
Sports Medicine, Hip, Knee, and Shoulder Surgery 1201 11<sup>th</sup> Ave S Birmingham, AL 35205

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## **Acromioclavicular Joint Repair/Reconstruction Protocol**

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
Phase 1 (0-4 weeks)  Goals:  Pain control Elbow ROM Decrease swelling	Sling x 4 weeks  ROM limitations x 4 weeks  No weightbearing	<ul> <li>PASSIVE ROM ONLY: Limit FE 0- 90, Abd 0-90, IR to belt line, ER full</li> <li>Modalities:</li> <li>Cryotherapy</li> <li>Edema control</li> </ul>	<ul> <li>Neck, elbow, wrist ROM</li> <li>Scapular retraction and depression</li> <li>Pendulums</li> <li>Deltoid isometrics</li> <li>Passive ROM: ER &amp; IR to belt, FE &amp;Abd to 90</li> </ul>
Phase 2 (4-6 weeks)  Goals:  Progress to full PROM Begin active assist and AROM	Wean sling at 4 weeks  5lb. weightbearing limit below shoulder level No prolonged overhead use	<ul> <li>Progress to full PASSIVE ROM at 4 weeks</li> <li>Begin Active Assist ROM at 4 weeks</li> <li>Modalities:</li> <li>Gentle Massage</li> <li>Cryotherapy</li> </ul>	<ul> <li>Continue neck, elbow, hand ROM</li> <li>Continue pendulums</li> <li>Active Assist ROM ER and IR, FE and Scaption</li> <li>Isometrics ER and IR, Biceps and Triceps</li> <li>Starting week 5 – Active ROM sidelying ER, FE and Scaption, Salutes (lawn chair progression), prone extension and horizontal abduction</li> <li>Starting week 6 - Low load prolonged stretching: towel internal rotation, cross arm, sleeper, 90/90 abd/ER</li> </ul>



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Phase 3 (7-12 weeks)  Goals:  Obtain full AROM Gain full muscular endurance	5 pound weightbearing restriction lifted – Still no prolonged overhead	<ul> <li>Progress to full active and passive ROM</li> <li>Modalities:</li> <li>Ice/stim PRN</li> </ul>	<ul> <li>Isometrics: internal and external rotation, biceps and triceps</li> <li>Cuff isotonics</li> <li>Large muscle PRE's: lats, pecs, etc.</li> <li>Sidelying external rotation, salutes, prone extension and horizontal abduction</li> <li>Punches with a plus</li> <li>Prone lower trap</li> <li>Closed chain stability</li> <li>Endurance starting week 10: IR and ER, theraband rows, bicep curls, tricep extension</li> </ul>
Phase 4 (13-18 weeks)  Goals:  Maintain full AROM Progress for full strength	Weight restrictions lifted	• Full A/PROM	<ul> <li>External rotation strengthening at 45 and 90 degrees</li> <li>Bear hugs</li> <li>Statue of liberty</li> <li>Push-up plus progression</li> <li>Aggressive upper extremity resistance exercises</li> <li>ER and IR isokinetics</li> </ul>