

Twincitiesshoulderandelbow.com
Dr. Chad Myeroff's Rehabilitation Protocol

Acromioclavicular (AC) Joint – Reconstruction or Repair

Three times per day home exercise program including:

Phase 1: Week 0-6 (1st PT visit scheduled to follow on day of 2-week post-op surgical visit)

- Maintain sling use (except for TID elbow wrist finger ROM, hygiene and therapy)
- Add supine passive ER 0-30° with wand at 2 weeks post op
 - *Focus on static progressive stretching
- Periscapular isometrics in neutral
- No lifting > weight of coffee cup
- No pushing or weight-bearing through arm

Phase 2: Week 6-12

- Wean out of sling for therapy and in the house
 - Continue sling in public for 12 weeks
- Light and pain free biceps/triceps strengthening
- Begin PT
 - Unrestricted shoulder PROM
 - Pulleys, table slides, supine wand exercises in all planes
 - Phase I strengthening
 - Scapular strengthening
- Shoulder AAROM at 8 weeks
- No pushing or weight-bearing through arm

Phase 3: Week 12-18 weeks

- Discontinue sling altogether
- Advance to AROM
 - Continue 4 quadrant stretches
- Phase I and II cuff strengthening
- Periscapular strengthening
- No Lifting > 10lbs
- Independent home exercise program
- Return to play
- Work hardening program

More info: twincitiesshoulderandelbow.com/acromioclavicular-dislocations-shoulder-elbow-specialist-minneapolis-saint-paul.html