

Acromioclavicular Separation



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Post-op Protocol for Acromioclavicular Reconstruction

Post op Day 1-Week 4

Goal of this time period is to decrease swelling, control pain, and protect the shoulder.

- Patient is to wear a shoulder immobilizer except for bathing, dressing and grooming during the first 4 weeks to protect the repair

- Patient can do active elbow/wrist/hand ROM exercises for 5 minutes two times a day to prevent stiffness in those joints
- No pendulum exercises, passive forward elevation or external rotation exercises are to be done during the first 4 weeks post-op.

Week 5-8

Goal of this period is to initiate passive ROM but continue to protect the surgical repair. The shoulder immobilizer is removed at the end of the 4 week post-operative week. Patient will attend PT 3 times a week during this time.

- Heat before PT begins and then ice after the session
- Patient to progress to supine passive forward elevation and external rotation with goals of 130 degrees of FE and 30 degrees of ER
- This should be done during post-operative weeks 5-6
- During post operative weeks 7-8 supine passive forward elevation and external rotation can be progress to 160 degrees of FE and 45 degrees of ER
- No strengthening exercises are to be done during this post-op period

Weeks 9-10

Goal of this period is to continue to improve ROM and use the arm for light activity. Patient should continue going to therapy 3 times a week.

- Patient can be progressed to passive ROM as tolerated
- At this point should advance to active assisted ROM using pulley, cane, etc.

- Patient should focus on internal rotation stretching behind back as well
- No Strengthening exercises are to be done during this post-op period

Weeks 11-12

Goal at this point is to progress to strengthening the shoulder. Patient should continue to go to PT 3 times a week and at the end of week 12 be given a detailed home exercise shoulder strengthening program.

- Patient should continue to work on active range of motion to tolerance
- Progress to gentle strengthening exercises at this point with low weight higher repetition exercises
- Focus on rotator cuff, scapular stabilizer and anterior deltoid strengthening
- At the end of week 14 patient can attempt to return to activities including non-contact recreational activities as well (golf, swimming, tennis etc)
- Patient should continue their home strengthening program 3-4 times a week up to the six month post-op point.