

# Sheena Black, MD

Orthopedic Surgeon

Sports Medicine Specialist



www.sheenablackmd.com

## ACROMIOCLAVICULAR (AC) JOINT RECONSTRUCTION

<u>Postop</u>	<u>Goals</u>	<u>Range of Motion</u>	<u>Shoulder Immobilizer</u>	<u>Exercises</u>
<b>Phase I</b>  <b>Weeks 0-8</b> PT 1-2x/week HEP daily	Edema and pain control  Protect surgical repair	Gentle supine PROM as tolerated <b><u>avoid horizontal adduction</u></b>	<b>0 – 6 weeks:</b> Remove ONLY for exercises and hygiene which should be performed supine with gravity eliminated  Keep elbow and shoulder supported by keeping immobilizer tight and secure.	Closed chain scapular stabilizers, deltoid and rotator cuff while supine or with gravity eliminated  ROM and strengthening: elbow and shoulder isometric exercises
<b>Phase II</b>  <b>Weeks 8-16</b> PT 2-3x/week HEP daily	Begin active ROM in prone position  Protect surgical repair	AROM as tolerated in <b><u>prone position</u></b>	None	Progress Phase I exercises  Active assisted strength work in all ROMs  Begin vertical positioned strengthening at 12 weeks
<b>Phase III</b>  <b>Weeks 16-24</b> PT 2-3x/week HEP daily		Progress to full AROM in all planes	None	Advance strengthening as tolerated  Progress Phase I and Phase II exercises  Begin sport-specific exercises after week 20 when cleared by MD

**IF QUESTIONS: PLEASE CALL 469-800-7200**