Acromioclavicular Joint Reconstruction Protocol
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YOUSIF
Orthopedic Surgery

Post-op Week 1 to Week 6

Shoulder Immobilized in 45° of Abduction
- Sling removed for hygiene only

Range of Motion Exercises (2-4 times/per day)
- Pendulums exercises
- Supine AAROM for Shoulder Flexion to full as tolerated
- Supine AAROM for Shoulder External Rotation to 30°
- Supine AROM for Elbow Flex/Extension and Supination/Pronation
- Wrist AROM and Gripping

Recumbent Bike for cardiovascular conditioning
Maintain Scapular Retraction as much as possible
No weight bearing on surgical extremity
No holding any weight in the surgical extremity
No Leg Press

Post-op Week 6 to Week 12

D/C Immobilizer at 8 weeks post-op
AAROM Exercises
- Progress AAROM to full in all planes by Post-op Week 12

AROM Exercises
- Sidelying Scapular Slide
- Scapular clocks with UE resting on table → hand on the wall
- Shoulder IR/ER against gravity
- Abduction in the scapular plane
- Prone Horizontal ABD (emphasize scapular retraction and depression)

Elliptical, Recumbent Bike, and Upright Bike without UE weight bearing for cardiovascular conditioning
Minimize UE weight bearing on surgical arm
Limit traction stress to less than 5 lbs. (carrying weights, hand bags, and/or book bags)
No Leg Press

Post-op Week 12 to 16

Full AROM
Strengthening Exercise
- PNF D1 and D2 patterns
- T-band
  - Shoulder Ext
  - Shoulder IR/ER
  - Progress to Thrower's 10
- Standing pushup with a plus
- Progressive Biceps and Triceps PRE's with elbow at side
- High → low row
- Front Shoulder Press → overhead shoulder press (10 lbs. max)

- Prone I, T, Y

Running Progression

Post-op Week 16 to 20

Strengthening Exercise

- Pushup progression from standing to prone
- Dumbbell chest press progression
- Lat pulldown
- Continue with Rotator Cuff and Scapular Control exercise as listed above

Agility Progress

Upright Bike with UE weight bearing

Return to throwing progression

Post-op Week 20

Sport Specific Drills

Return to non-contact sports

Post-op Week 24

Return to contact sports