

# ACROMIOCLAVICULAR JOINT RECONSTRUCTION

USING SYNTHETIC MATERIAL - ACCELERATED REHABILITATION PROTOCOL (FOR ATHLETES)

## PHASE I - MOTION PHASE (WEEKS 0-2)

### Goals

Initiate ROM exercises

Retard muscular atrophy

Decrease pain/inflammation

### RANGE OF MOTION EXERCISES

- L-bar AAROM
    - Flexion to tolerance
    - ER/IR (begin at 45 degrees abduction, progress to 90 degrees abduction) motion to tolerance
  - Rope and pulley scaption
  - Pendulum exercises
  - Self-capsular stretches
- \*Note - Restrict horizontal Abduction/Adduction (often painful)*

### STRENGTHENING EXERCISES

- Isometrics
  - ER, IR, Abd, Ext, Biceps, Triceps

*\*Note - No resisted shoulder flexion*
- Initiate ER/IR with exercise tubing at 0 degrees abduction when pain free (usually week 2)

### DECREASE PAIN/INFLAMMATION

- Ice, NSAIDS, modalities
- Ice applied directly over AC joint

## PHASE II - INTERMEDIATE PHASE (WEEKS 3-8)

### Goals

Gradually regain full ROM

Regain and improve muscular strength

Normalize arthrokinematics

Improve neuromuscular control of shoulder complex

## CRITERIA TO PROGRESS TO PHASE II

- Nearly full ROM
- Minimal pain and tenderness
- Stable AC joint on clinical exam
- Good (4/5) MMT of ER/IR/Abd

## WEEK 3

- Range of motion exercises
  - Continue AAROM with L-bar
  - Shoulder elevation to at least 160 degrees by week 4
  - ER/IR at 90 degrees abduction full ROM
- Strengthening exercises
  - Initiate isotonic strengthening (light resistance)
    - Shoulder abduction
    - Shoulder extension
    - Shoulder ER/IR tubing
    - Sidelying ER
    - Biceps/triceps
    - Prone horizontal abduction
    - Prone rowing
    - Prone extension
  - \*Note – Restricted shoulder flexion prohibited (for 4 weeks)
  - Initiate neuromuscular control exercises (PNF)
  - Initiate manual resistance
- Continue use of modalities, ice as needed

## WEEK 6

- Range of motion exercises
  - Continue stretching program
- Strengthening exercises
  - Continue all strengthening exercises listed above
  - Initiate light resistance shoulder flexion
  - Initiate upper extremity endurance exercises
  - Initiate light isotonic resistance progression
  - NO shoulder press or bench press or pect deck or pullovers
  - Rhythmic stabilization exercise for shoulder flexion/extension
  - Program all shoulder and scapular strengthening exercises

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## PHASE III - DYNAMIC STRENGTHENING PHASE (WEEKS 8-16)

### Goals

Improve strength/power/endurance

Improve neuromuscular control/dynamic stability to the AC joint

Prepare athlete for overhead motion

### CRITERIA TO ENTER PHASE III

- Full nonpainful ROM
- No pain or tenderness
- Strength 70% of contralateral side

### STRENGTHENING EXERCISES

- Continue isotonic strengthening exercises
  - Initiate light bench press, shoulder press (progress weight slowly)
  - Continue with resistance exercises for:
    - Shoulder abduction
    - Shoulder ER/IR
    - Shoulder flexion
    - Latissimus dorsi (rowing, pull-downs)
    - Biceps/triceps
- Initiate tubing PNF patterns
- Initiate ER/IR at 90 degrees abduction
- Scapular strengthening (4 directions)
- Emphasis on scapular retractors, elevators
- Neuromuscular control exercises for glenohumeral and scapulothoracic joints
  - Rhythmic stabilization
    - Shoulder flexion/extension
    - Shoulder ER/IR (90/90)
    - Shoulder abduction/adduction
    - PNF D2 patterns
    - Scapular retract/protract
    - Scapular elev/depress
- Program to plyometric upper extremity exercises
- Continue stretching to maintain mobility

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## PHASE IV - RETURN TO ACTIVITY PHASE (WEEK 16>)

### Goals

Progressively increase activities to prepare patient/athlete to full functional return

### CRITERIA TO PROGRESS TO PHASE IV

- Full nonpainful ROM
- No pain or tenderness
- Isokinetic test that fulfills criteria (Shoulder F/E, Abd/Add)
- Satisfactory clinical exam
  - Initiate Interval Sports Program
  - Continue all exercises listed in Phase III
  - Progress resistance exercise levels and stretching