



## AC Joint Reconstruction (Weaver-Dunn: Clavicle Stabilization)

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### STAGE 0:

**Note:** Support weight of arm to keep AC joint reduced

- Modalities for pain, inflammation and joint stiffness
- Sling wear for 3-4 weeks (May remove for GH motion while weight of arm is supported)
- Postural awareness
- Check op note for possible additional pathology
  - Debridement of RTC
  - Calcific Ossifications/Tendinitis
  - Distal Clavicle (NO HORIZONTAL ADDUCTION)

### STAGE 1 (WEEKS 1-4):

**Note:** Support weight of arm to keep AC joint reduced)

- PROM
- AAROM ( pulley and cane)
- Table wash
- Wrist and Elbow PRE's
- Continue modalities (reduce pain and inflammation)

**Goals:** Pain-free AAROM, Reduce muscle atrophy, decrease pain and inflammation

### STAGE 2 (WEEKS 4-6):

- PROM as tolerated
- AAROM as tolerated
- Prone clocks
- Pain-free AROM initiated
- CKC exercises - Horizontal (table) -Vertical (wall)
- Scapular Stabilization exercises
- Continue GH inferior mobs (grade 2)

- Continue wrist and elbow PRE's
- Submaximal isometrics
- Initiate UBE 3-4 weeks 11
- Initiate trunk exercises
- Continue modalities as necessary

**Goals:** Pain- free AROM by 6 weeks, decrease pain and inflammation

### STAGE 3 (WEEKS 6-8):

- Normalize AROM {full in all planes)
- Scapular stabilization exercises
  - Elevation, Depression, Retraction, Protraction in later stance position with involved hand on wall, and etc.
- Initiate tubing 6 weeks (punch, pull, ER and IR)
- Initiate isotonic's {increase wt.) ER at 0
- Initiate PNF
- Continue inferior mob {+ant/post mob as indicated)
- Prone clock {start without weight first)
- Proprioceptive and manual control drills
- Continue modalities prn
- Instruct in postural exercises

**Goals:** increase muscular strength, Min-0/10 pain, and improve neuromuscular and proprioceptive control {i.e. body blade).

### STAGE 4 (WEEKS 8-12):

- Eccentric cuff and scapular exercises as needed
- Forward elevation to 70 {full can/thumb up)
- UE plyometric drills (2 handed)
- Chest press, push-ups, serratus push-ups in protected ROM
- Diagonal patterns with LE reaches
- UE endurance exercises

### STAGE 5 (WEEKS 12-16):

- Start functional activities/exercises \*\*Overhead sport program initiated 12-14 weeks per approval of physician
- Advance 1arm plyometrics
- Return to sport programs 16-24 weeks

## DISCHARGE GOALS:

- 0-3/10 pain scale
- Min to O palpable tenderness on clinical exam
- AROM 5+ WNL
- Strength 4-4+/5 depending on skill level and AOL's