

Acromioclavicular (AC) Joint Reconstruction/Repair

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The surgeon may specify on the operative report or referral any specific requests or deviations that fall outside the scope of this protocol.

Phase I (0-6 weeks) Protected Phase	Phase II (Weeks 6-10) ROM Phase	Phase III (Weeks 10-16) Strength Phase	Phase IV (Weeks 16 – Return) Dynamic Activity Phase
<p>GOALS</p> <ul style="list-style-type: none"> Protect surgical repair Decrease pain and inflammation Begin PT 1-2 weeks postop 2-3 visits over first 6 weeks to monitor patient compliance <p>PRECAUTIONS</p> <ul style="list-style-type: none"> Protection with sling for 6 weeks NO arm hanging in unsupported position Avoid downward traction on the shoulder for 12 weeks NO shoulder ROM <p>EXERCISES</p> <ul style="list-style-type: none"> AROM: elbow, wrist, hand with elbow supported Gentle isometrics in neutral shoulder position Gentle rhythmic stabilization in neutral shoulder position <p>CRITERIA to advance...</p> <ul style="list-style-type: none"> Minimal pain and tenderness Stable AC joint on clinical exam Good (grade 4/5) MMT of ER and IR 	<p>GOALS</p> <ul style="list-style-type: none"> Wean from sling; goal to D/C sling by 8 weeks Reestablish full nonpainful ROM Limit muscular atrophy Normalize joint kinematics 1-2 visits per week <p>PRECAUTIONS</p> <ul style="list-style-type: none"> Avoid cross-body movement for 8 weeks <p>EXERCISES</p> <ul style="list-style-type: none"> Begin AAROM – FLEX to tolerance, ER/IR beginning at 0 ABD and progress to 90 ABD Isometrics Progress to isotonic strengthening – high reps with no to light resistance Initiate neuromuscular control exercises (PNF) Rhythmic stabilization exercise for shoulder FLEX-EXT <p>CRITERIA to advance...</p> <ul style="list-style-type: none"> Full pain free AROM No pain or tenderness Adequate isokinetic strength testing of the shoulder Satisfactory clinical exam 	<p>GOALS</p> <ul style="list-style-type: none"> Improve strength & endurance Improve neuromuscular control & dynamic stability of the AC joint 1 visit per week per therapist discretion <p>PRECAUTIONS</p> <ul style="list-style-type: none"> Avoid bench press and push-ups for 12 weeks <p>EXERCISES</p> <ul style="list-style-type: none"> Continue isotonic strengthening exercises Resistance exercises for shoulder ABD, ER, IR, FLEX, Latissimus dorsi, biceps, triceps Scapular strengthening Rhythmic stabilization for glenohumeral and scapulothoracic joints Plyometric upper extremity exercises <p>CRITERIA to advance...</p> <ul style="list-style-type: none"> Full pain free AROM No pain or tenderness Adequate isokinetic strength testing of the shoulder Satisfactory clinical exam 	<p>GOALS</p> <ul style="list-style-type: none"> Increase activity to prepare patient/athlete for full functional return <p>EXERCISES</p> <ul style="list-style-type: none"> Continue strengthening exercises from previous phase Progress resistive exercise to tolerance High level proprioceptive, strength, and stabilization Serratus anterior and mid-low trapezius specific scapular exercises <p>RETURN TO Sport/Work</p> <ul style="list-style-type: none"> Non-contact or overhead: As fitness allows Overhead and serving sports: Weeks 20+ Contact sports: 6+ months Progression towards return to work/work hardening

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Questions and updates regarding the progress of any specific patient are encouraged and should be directed to Dr. Cooper at 952-456-7617.