

**Jozef Murar, MD**

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## **PHYSICAL THERAPY PRESCRIPTION: Open ACJ Reconstruction**

Patient Name: \_\_\_\_\_

Date: \_\_\_\_\_

Treatment Frequency: 2 – 3 times per week, for 6 weeks

SITE: R L

**Send Progress notes**

Physician's Signature: \_\_\_\_\_

(I have medically prescribed the above treatments)

Jozef Murar, M.D.  
Orthopaedic Surgeon

### **RECOVERY / RECUPERATION PHASE: WEEKS 1 - 6**

- Anti-inflammatory /Modalities **PRN**.
- Progression with gentle GHJ PROM as dictated by pain
  - AROM at 6 weeks
  - Gradual progression by ~ 15 degrees per week FF/Abd
  - Gradual progression with ER to achieve symmetric mobility by 6-8 weeks
- Codman's, pendulums, pulleys, cane assistive ROM
- Elbow A/AAROM: flexion and extension; Wrist and gripping exercises
- Biceps / triceps isotonic and scapular stabilization exercises
- Begin rotator cuff isometrics when pain permits
- UBE / Cardiovascular training as tolerated
- Discontinue daytime sling at week 4, Discontinue night sling at week 6
- Special: \_\_\_\_\_

### **WEEKS 7 - 12**

- Progressive return to full ROM and mobility
- Grade III/IV GH and scapulothoracic mobilization
- Advance peri-cervical and shoulder flexibility exercises (modalities PRN)
- Continue scapular stabilization / strengthening exercises
- Introduce theraband RTC exercises
- IR / ER isotonic exercises below horizontal (emphasize eccentrics)
- Anterior chest wall strengthening
- Continue biceps strengthening and endurance exercises
- Advance cardiovascular training as tolerated, introduce plyometrics
- Functional activities begin week 7 - 8

### **WEEKS 12 - 16**

- Trunk exercises for sports specific activities (tennis, golf, skiing etc)
- Aggressive upper extremity PRE's (progress from side for overhead athletes)
- Plyometrics: continue and advance
- Return to limited sports @ week: 12 Return to full sports / activities @ week: 16