



PHYSICAL THERAPY SECTION  
WILLIAM BEAUMONT ARMY MEDICAL CENTER  
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EL PASO, TEXAS 79920



## ACROMIOICLAVICULAR JOINT RECONSTRUCTION

*Revised May 2005*

### **Post-op Days 1 – 7**

Sling x 4 weeks – Even while sleeping  
– Place pillow under shoulder / arm while sleeping for comfort  
Hand squeezing exercises  
Elbow and wrist AROM with shoulder in neutral position at side  
Supported pendulum exercises  
Ice pack

**Goal** – Pain control

### **Weeks 1 – 4**

Continue sling x 4 wks  
Continue appropriate previous exercises  
AAROM supine with wand  
– Flexion to 90 degrees  
– Abduction to 60 degrees  
– ER as tolerated  
Gentle shoulder shrugs / scapular retraction without resistance  
1-2 Finger Isometrics x 6 (fist in box)  
Stationary bike (must wear sling)

#### **Goals**

Pain control  
AAROM Flexion to 90 degrees, Abduction to 60 degrees

### **Weeks 4 – 6**

D/C Sling  
Continue appropriate previous exercises  
AAROM supine with wand – ER as tolerated, Flex and Abd same as above  
Full pendulum exercises  
Light Theraband ex – ER and IR with pillow or towel roll under arm  
– Flexion, Extension, Abduction, Scaption to 60 degrees  
Standing rows with Theraband  
Biceps and supine Triceps PREs with light weight  
Treadmill – Walking progression program

**Goal** – Maintain AAROM Flexion to 90 degrees, Abduction to 60 degrees

### **Weeks 6 – 8**

Continue appropriate previous exercises with increased resistance as tolerated  
AAROM – Flexion and Abduction to 90 degrees (supine wand)

– ER as tolerated

– IR as tolerated (wand behind back)

Body blade

Elliptical trainer **with LEs only**

#### **Goals**

AAROM Abduction to 90 degrees

Normal rotator cuff strength

### **Weeks 8 – 10**

Continue appropriate previous exercises

AAROM – Flexion and Abduction to 120 degrees (wand, pulley, wall climb)

AROM – Flexion and Abduction to 120 degrees, pain-free

Prone scapular retraction exercises (light weight)

Ball on wall (arcs, alphabet)

BAPS on hands

Push-up plus against wall

UBE forwards and backwards at low resistance

Stairmaster

Pool walking / running – No UE resistive exercises

#### **Goals**

AROM Flexion and Abduction to 120 degrees

30 wall push-ups

### **Weeks 10 – 12**

Continue appropriate previous exercises

AAROM and AROM through full range

PROM / mobilization as needed to regain full motion

Push-up progression – Wall to table

Ball toss with arm at side

Treadmill – Running progression program

Pool therapy – With UE resistance

#### **Goals**

Full AROM

30 table push-ups

### **Months 3 – 4**

Continue appropriate previous exercises  
Push-up progression – Table to chair  
Ball toss overhead  
Fitter on hands  
Weight training with light weight

#### **Goals**

Run 2 miles at easy pace  
30 chair push-ups

### **Months 4 – 6**

Continue appropriate previous exercises  
Push-ups, regular  
Sit-ups  
Swimming  
Running progression to track  
Progressive weight training program  
Transition to home / gym program

#### **Goals**

Resume all activities  
Pass APFT at 9 months post-op

***No contact sports until 12 months post-op***

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