

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