

Acromioclavicular Joint Resection Rehabilitation Protocol

Dr. Tyler Nathe M.D.
Orthopaedic Sports Medicine Surgeon
Proliance Orthopaedics and Sports Medicine
Cell: 206-790-9273

Phase 1: Early ROM (0 to 4 weeks after surgery)

- May remove dressing and shower postop day # 5.
- Sutures will be removed by surgeon in 7-10 days.
- Ice or cold flow system encouraged for the first week at a minimum: should be used 3-4 times per day.
- Sling should be worn for the first week.
- Initiate shoulder exercise program 3 times per day:
 - AAROM: pulleys, wand and supine gravity assisted ROM.
 - Progress PROM and capsular stretching as tolerated.
 - Immediate elbow, forearm and hand ROM.
 - May start shoulder isometrics and pain improves.
- Scapular ROM exercises.
- Avoid cross body adduction.

Phase 2 : Restore Function (more than 4 weeks after surgery)

- Progress PROM and capsular stretching as tolerated.
- Equate active and passive ROM – all planes.
- Initiate rotator cuff and scapular stabilizer strengthening (Theraband, dumbbells, Hughston's exercises, etc.) Avoid positions of impingement.
- Progress to functional activities as tolerated.