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ACROMIOICLAVICULAR JOINT RECONSTRUCTION

General Guidelines

- Sling for 6 weeks, full time
- Can bend elbow, wrist, fingers fully after surgery
- Return to sports 4 to 6 months, no contact sports (football/wrestling/rugby) for 9 months

Post-op Days 1 – 14

Goals: Pain control, full elbow/wrist/finger motion

- POD 2: Change dressing, keep wound covered
- POD 10-14: Sutures out
- Sling full time except in shower and therapy

Therapy:

Sling x 6 weeks – Even while sleeping

– Place pillow under shoulder / arm while sleeping for comfort

Hand squeezing exercises

Elbow and wrist active motion (AROM) with shoulder in neutral position at side

Supported pendulum exercises

Ice pack

Weeks 2 – 6

Goals: AAROM to 90 degrees

Therapy:

Continue sling x 6 wks

Continue appropriate previous exercises

Active assisted motion (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)

Weeks 6 – 8

Goals: AAROM to 90 degrees

Therapy:

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**

Weeks 8 – 10

Goals: AAROM to 120 degrees, 30 wall pushups

Therapy:

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 upper extremity (UE) resistive exercises

Weeks 10 – 12

Goals: Full AROM, 30 table push-ups

Therapy:

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

Months 3 - 4

Goals: Full pushups, Run 2 miles at own pace

Therapy:

Continue appropriate previous exercises

Push-up progression – Table to chair Ball toss overhead

Fitter on hands

Weight training with light weight

Months 4 - 6

Goals: Resume all activities

Therapy:

Continue appropriate previous exercises

Push-ups, regular

Sit-ups

Swimming

Running progression to track

Progressive weight training program

Transition to home / gym program

Shoulder Post Op Phase 1

Perform exercises below frequently: 30 reps 3-5x a day



Grip Squeeze



Pendulum



Shoulder Shrugs

Ice x 10-15min 2-3 x per day

