

ACROMIOCLAVICULAR AND STERNOCLAVICULAR JOINT RECONSTRUCTION POSTOPERATIVE REHABILITATION PROTOCOL

The following is a protocol for postoperative patients following AC or SC joint reconstruction surgery. The primary goal of this protocol is to protect the reconstruction while steadily progressing towards and ultimately achieving preinjury level of activity. Please note this protocol is a guideline. Patients with additional surgery will progress at different rates. Achieving the criteria of each phase should be emphasized more than the approximate duration. If a patient should develop an increase in pain or swelling or decrease in motion at any time, activity should be decreased until problems are resolved.

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 active motion (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

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)

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 upper extremity (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

No contact sports until 6 months post-op