

Acromioclavicular / Coracoclavicular Joint Reconstruction
Postoperative Rehabilitation Protocol
Dr. Jeffrey Witty, M.D.

	Weightbearing	Sling	ROM	Exercise
Phase I Week 0 - 2	NWB	Sling and pillow on at all times	Elbow/forearm/hand AROM as tolerated a few times a day	No exercise
Phase II Week 2 - 3	NWB	Sling and pillow on at all times	Continue elbow/forearm/hand AROM as tolerated <u>Shoulder PROM only:</u> ER at side to 30 IR at side to stomach	No exercise
Phase III Week 3 - 6	NWB	Sling and pillow on at all times	Continue elbow/forearm/hand AROM as tolerated <u>Shoulder PROM only:</u> Shoulder abduction to 30 Scaption to 30 in neutral position ER at side to 30 IR at side to stomach	No exercise
Phase IV Start Week 6 - 12	NWB	Wean out of sling if pain allows	Progress full PROM/AAROM/AROM NO crossbody adduction until POW12	Start shoulder isometrics at the side: - ER - IR - Flexion - Abduction - Extension
Phase V Week 12 - 16	Progress WBAT	None	Full ROM Crossbody adduction ok	Start upper extremity progressive resistance exercise
Phase VI Week 16 - 24	WBAT	None	Full ROM	Continue phase V Progress to work specific activities Progress to sport specific activities
Phase VII	WBAT	None	Full ROM	Allow contact sports

Acromioclavicular / Coracoclavicular Joint Reconstruction
Postoperative Rehabilitation Protocol
Dr. Jeffrey Witty, M.D.

Week 24 and beyond				
-----------------------------------	--	--	--	--

Other Notes:

- Peak strength can take up to 9 – 12 months

Modalities:

- ice for swelling, pain