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## Rehabilitation Protocol Acromioclavicular Joint Reconstruction

### **Phase I: Protect Repair** (*0 to 8 weeks after surgery*)

- Patients may shower postop day # 5.
- Ice or cold flow systems encouraged for the first week at a minimum: should be used 3-4 times per day.
- Sling should be in place when not performing exercises.
- Initiate exercise program 3 times per day:
  - Immediate elbow, forearm and hand range of motion out of sling
  - Gentle pendulum exercises
  - Passive and active assistive ER at the side to 30, flexion to 100
- No lifting with the involved extremity.
- AVOID scapular ROM exercises.

### **Phase II: Progress ROM & Protect Repair** (*8 to 12 weeks after surgery*)

- May discontinue sling.
- Lifting restriction of 5 pounds with the involved extremity.
- Advance active and passive ROM in all planes to tolerance.
- Initiate gentle rotator cuff strengthening.
- Initiate scapular AROM exercises.

### **Phase III: Full Function** (*>3 months after surgery*)

- Discontinue lifting restrictions.
- Advance rotator cuff and scapular stabilizer strengthening.
- Initiate functional progression to sports specific activities at 4 months.

### **RETURN TO ACTIVITIES**

Computer	As soon as tolerated
Driving	When no longer using narcotics
Running	2 months
Golf	3 months
Tennis	3 months
Weight training	4 months
Contact Sports	6 months