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ACROMIOCLAVICULAR (AC) RECONSTRUCTION POST-OP PROTOCOL

Frequency: 1 2 3 4 times / week Duration: 1 2 3 4 5 6 Weeks

___ Days 0 - 7

- Gunslinger sling x 6 weeks – even when sleeping
- Hand squeeze, elbow/wrist AROM

___ Weeks 1 - 6

- Continue sling x 6 weeks at ALL times (except for exercises and personal grooming) •
- Continue hand/wrist/elbow exercises as per days 0-7
- Begin gentle pendulums
- AAROM supine with broomstick (flexion to 90, abduction 60, IR/ER as tolerated) •
- Gentle shoulder shrugs and scapular retraction without resistance
- Isometrics with 1-2 finger resistance
- Stationary bike with sling if desired for conditioning

___ Weeks 6 - 8

- D/c sling and continue above exercises
- AAROM supine with broomstick (Flex/Ab to 90, ER/IR as tolerated)
- Full pendulums
- Treadmill walking

___ Weeks 8 - 12

- AAROM – Flex/Ab to 120 (broomstick or wallclimb) progressing to AROM – Flex/Ab to 120 as long as relatively pain free
- Light Theraband resistance ER/IR with pillow in armpit (flex/ext/ab/scaption to 60) •
- Standing rows, biceps, and supine triceps with Theraband
- Prone scapular retraction (light weight) and wall push-ups
- Elliptical with LOWER EXTREMITY ONLY (no handlebars)

___ Months 3 - 6

- AAROM and AROM through full range
- Increase resistance as tolerated
- Running
- No contact activities until at least 6 months post-op

Modalities/Other: