THE ORTHOPEDIC CENTER OF ST. LOUIS
Dr. Charles S. Grimshaw, M.D.
JOINT RECONSTRUCTION & SPORTS MEDICINE

Acromioclavicular Joint Reconstruction Rehabilitation Protocol

General Guidelines:

1) Avoid the force of gravity on the repair for the first 6 weeks
2) No lifting objects over 3 pounds with surgical arm for first 6 weeks
3) Sling use for 6 weeks post op. May remove if sitting for periods of time after week 4

Week 1-3:

1) Sling use with abduction pillow beneath sling to support arm and eliminate gravity
2) Elbow, wrist, hand ROM. Squeeze ball.
3) No pendulums
4) May remove sling for hygiene

Week 3-6:

1) Continue sling use. May remove for sedentary periods. Continue with nighttime use.
2) Progress SUPINE PROM to AAROM: forward flexion to 90 degrees, internal/external rotation as tolerated. No forceful stretching.
3) Gentle scapular retraction exercises for postural awareness. No shoulder shrugs.

Week 6-12:

1) Wean out of sling as tolerated. Consider public use for 1-2 weeks. May remove for sleep.
2) Progress AAROM to AROM as tolerated. No forceful stretching or manipulations. No terminal end range stretching.
3) Begin rotator cuff isometrics and progress to light therabands (yellow→ red) at week 8.
4) Begin gentle scapular stabilization exercises
5) No overhead lifting.
6) No jogging

Week 12 and Beyond

1) May begin more aggressive stretching for any deficits
2) Progress RTC and scapular strengthening program
3) May progress non contact cardio exercises as tolerated.

Anticipate return to overhead activities (ie tennis, swimming) at 5 months, contact sports at 6 months.