



Mercy Sports Medicine Institute &
Joint Preservation Center

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ACROMIOICLAVICULAR JOINT RECONSTRUCTION

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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-up

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
Pass APFT at 9 months post-op

No contact sports until 12 months post-op