



Dr. HENNIGAN

AC JOINT RECONSTRUCTION

TKP 09/28/2020

0-6 WEEKS POSTOP (no formal therapy):

GOALS:

- To protect the repair
- Patient to be compliant with prescribed activity modification, precautions, and home exercise program to allow for proper healing of repaired tissue.
- Promote healing and wound closure without infection.

SLING:

- Shoulder immobilizer with pillow worn continuously, except for hygiene

EXERCISES:

- Initiate elbow, forearm, wrist ROM, grip strengthening allowed

PRECAUTIONS:

- **NO SHOULDER ROM**

6-12 WEEKS POSTOP:

SLING:

- May remove pillow at 6 weeks.
- Wear sling when outside the house until week 8, then discontinue.

EXERCISES:

- Initiate PROM
 - Flexion to 90 degrees
 - ER/IR as tolerated
 - Abduction to 45 degrees
- Slowly progress to full PROM by 12 weeks
- Initiate isometrics in all planes, including scapular stabilizers

PRECAUTIONS:

- **NO AROM into flexion for 12 weeks**

12-24 Weeks POST OP:

EXERCISES:

- Initiate AAROM and AROM to tolerance
- Begin resisted exercises as tolerated once ROM close to normal

PRECAUTIONS:

- Consider return to sport 20-24 weeks pending surgeon approval