

DMC Sports Medicine

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AC JOINT RECONSTRUCTION PROTOCOL

Stage 1 (Week 6-7)

1. PROM guided by pain
2. AAROM (pulley and cane) guided by pain
3. UBE at 3-4 weeks
4. Table wash
5. Wrist and Elbow PRE's
6. Continue Modalities (reduce inflammation and pain)

Precautions/Limitations:

No lifting greater than 5 pounds below shoulder height x2 weeks, then 10lbs x2 weeks, then 20lbs x2 weeks.

External Rotation at 90 degrees Abduction limited to 45 degrees through 6 weeks

No push-up type exercises/bench press/military press x 3 months. Then start light and slow as tolerated

Goals:

- Pain-free AAROM
- Reduce muscle atrophy
- Decrease pain and inflammation

Stage 2 (week 7-8)

1. PROM as tolerated
2. AAROM as tolerated
3. Prone Clocks
4. Pain-free AROM initiated
5. CKC exercises
 - Horizontal (table)
 - Vertical (wall)
6. Scapular Stabilization exercises
7. Continue GH inferior mob (grade 2)
8. Continue wrist and elbow PRE's
9. Sub maximal isometrics
10. Initiate trunk exercises
11. Continue modalities as necessary

Goals:

- Pain-free AROM by 6 weeks
- Decrease pain and inflammation

Stage 3 (week 8-10)

1. Normalize AROM (full in all planes)
2. Scapular stabilization exercises
 - Elevation, Depression, Retraction, Protraction in lateral stance position with involved hand on wall.

3. Initiate tubing 6 weeks (punch, pull, ER, and IR)
4. Initiate isotonic's (increase wt.) ER at 0
5. Initiate PNF
6. Continue inferior mob (+ant/posterior mob as indicated)
7. Prone Clock (start without wt first)
8. Proprioceptive and manual control drills
9. Continue modalities prn
10. Instruct in postural exercises

Goals:

Increase muscular strength
Min-0/10 pain
Improve neuromuscular and proprioceptive control (i.e. body blade)
Normal scapulohumeral rhythm

Stage 4 (10-12 weeks)

1. Eccentric cuff and scapular exercise as needed
2. Forward elevation to 70 (full can-thumb up)
3. UE plyometric drills (2 handed)
4. Chest press, push-ups, serratus push-ups in protected ROM
5. Diagonal patterns with LE reaches
6. UE endurance exercises

Stage 5 (12-16 weeks)

1. Start functional activities/exercises
-Overhead sport program initiated 12-14 weeks per approval of physician
2. Advance 1 arm plyometrics
3. Return to sport program 4-6 months

DC goals

1. 0-3/10 pain scale
2. Min-to-0 palpable tenderness on clinical exam
3. AROM 5±WNL
4. Strength 4 to 4+/5 depending on skill level and ADL's