

Acromioclavicular Joint Repair Protocol

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
<p>Phase 1 (0-2 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Pain control ● Elbow ROM ● Decrease swelling 	<p>Sling x 4 weeks</p> <p>ROM limitations x 2 weeks</p> <p>No weightbearing</p>	<ul style="list-style-type: none"> ● PASSIVE ROM ONLY: Limit FE 0-90, Abd 0-90, IR to belt line, ER full <p>Modalities:</p> <ul style="list-style-type: none"> ● Cryotherapy ● Edema control 	<ul style="list-style-type: none"> ● Neck, elbow, wrist ROM ● Scapular retraction and depression ● Pendulums ● Deltoid isometrics ● Passive ROM: ER & IR to belt, FE & Abd to 90
<p>Phase 2 (3-6 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Progress to full PROM ● Begin active assist and AROM 	<p>Wean sling at 4 weeks</p> <p>5lb. weightbearing limit below shoulder level</p> <p>No prolonged overhead use</p>	<ul style="list-style-type: none"> ● Progress to full PASSIVE ROM by 4 weeks ● Begin AROM at 4 weeks as tolerated <p>Modalities:</p> <ul style="list-style-type: none"> ● Gentle Massage ● Cryotherapy 	<ul style="list-style-type: none"> ● Continue neck, elbow, hand ROM ● Continue pendulums ● Active Assist ROM ER and IR, FE and Scaption ● Isometrics ER and IR, Biceps and Triceps ● Starting week 4 – Active ROM sidelying ER, FE and Scaption, Salutes (lawn chair progression), prone extension and horizontal abduction ● Starting week 6 - Low load prolonged stretching: towel internal rotation, cross arm, sleeper, 90/90 abd/ER



<p>Phase 3 (7-10 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Obtain full AROM ● Gain full muscular endurance 	<p>5 pound weightbearing restriction lifted</p> <p>Allowed to being weighted overhead</p>	<p>● Progress to full active and passive ROM</p> <p>Modalities:</p> <ul style="list-style-type: none"> ● Ice/stim PRN 	<ul style="list-style-type: none"> ● Isometrics: internal and external rotation, biceps and triceps ● Cuff isotonic ● Large muscle PRE's: lats, pecs, etc. ● Sidelying external rotation, salutes, prone extension and horizontal abduction ● Punches with a plus ● Prone lower trap ● Closed chain stability ● Endurance <u>starting week 7</u>: IR and ER, theraband rows, bicep curls, tricep extension
<p>Phase 4 (11-14 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Maintain full AROM ● Progress for full strength and power 		<ul style="list-style-type: none"> ● Full A/PROM 	<ul style="list-style-type: none"> ● External rotation strengthening at 45 and 90 degrees ● Bear hugs ● Statue of liberty ● Push-up plus progression ● Aggressive upper extremity resistance exercises ● ER and IR isokinetics ● Plyometric pushups ● Overhead power