

## ACROMIOCLAVICULAR JOINT RECONSTRUCTION

### Phase I – Restrictive Motion Phase (Weeks 0 – 6)

#### Weeks 0 – 2:

- Sling for 4 weeks
- May take off swathe when good arm control/swathe at night x 4 weeks
- Elbow/hand ROM exercises
- Hand gripping exercises
- PROM/AAROM:
  - Flexion to 90<sup>0</sup>
  - ER to 30° in scapular plane
  - IR to 30° in scapular plane
  - Pendulum
- Pain control modalities

#### Weeks 3 – 4:

- AAROM:
  - Flexion to 90<sup>0</sup>
  - ER to 45° in scapular plane
  - IR to 45° in scapular plane
  - Continue pendulum and pulley
- Strengthening:
  - Isometrics for shoulder/scapular muscles (sub-maximal and pain-free)
- Continue pain/inflammation control modalities

#### Weeks 5 – 6:

- AAROM:
  - Flexion to 145<sup>0</sup>
  - ER to tolerance in scapular plane
  - ER to at abduction
  - IR to tolerance
- Strengthening:
  - Initiate theraband IR/ER at side and scapular strengthening
  - Initiate isotonic strengthening below 90° ( Inc. 1 #/wk if good form)
- Initiate UBE

## **Phase II – Intermediate Phase (Weeks 7 – 12)**

### **Goals:**

- Restoration of full, pain-free ROM
- Protect surgical repair
- Restore muscular strength/endurance

### **Weeks 7 – 9:**

- AAROM (progress to full ROM):
  - Flexion to 180°
  - ER to 90° at 90° abduction
  - IR to 70 - 75° at 90° abduction
- Strengthening:
  - Progress dumbbell strengthening exercises
  - Emphasize scapular strengthening
- Initiate capsular stretches if necessary

### **Weeks 10 – 12:**

- Continue ROM, flexibility and self-capsular stretches
- Strengthening:
  - Continue dumbbell and scapular strengthening
  - Initiate isokinetic strengthening in neutral (high speed/high reps)
  - Initiate close chain strengthening (push-up plus progression)
- Initiate 2 handed plyometrics

## **Phase III – Return to Activity Phase (Weeks 13 – 24)**

### **Goals:**

- Maintain full ROM
- Improve muscular power
- Increase neuromuscular control
- Gradual return to sport specific activities

### **Weeks 13 – 16:**

- Continue all flexibility exercises:
  - ER/IR stretch
  - Flexion stretch
  - Self-capsular stretches
- Strengthening:
  - Continue shoulder/scapular isotonic and closed chain program
  - Isokinetics (progress to 90/90 for throwers)
  - Begin general strengthening (bench, lats, etc) with shoulder precautions
- Progress plyometrics (2 handed → 1 handed)
- Initiate interval sport program (light sports – no overhead activities)

**Weeks 17 – 24:**

- Continue flexibility/ROM/stretching program
- Continue strengthening program
- Continue plyometric program
- Begin overhand interval sport programs (throwing)

**Phase IV – Return to Competition Phase (Months 6 - 9)****Goals:**

- Maintain strength, mobility and stability
- Progress to full activity and competition

**Criteria for return to play:**

- Physician approval
- Satisfactory ROM
- Satisfactory strength test
- Satisfactory clinical exam
- Satisfactory completion of interval sport program