

(PROTOCOL #19) AC JOINT RECONSTRUCTION PROTOCOL

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The Following is a set of general guidelines. It is important to remember that each patient is different. The progression of the patient depends on many factors including age and medical health of the patient and physician preferences. Any bracing is discontinued **ONLY UPON DIRECTION OF PHYSICIAN.**

PHASE	FUNCTIONAL PROGRESSION/ACTIVITIES	GOALS/RESTRICTIONS
Post-op to 2 weeks	OT elbow/hand ROM putty and ADL modifications Allowed waist level & hand to face activities at this time Ice to prevent pain and swelling	Pain-free ADL's and sleep in an AC harness Strictly a protective phase Shoulder immobilized in AC harness for protection.
2-4 weeks	All Planes ROM – start with IR/ER and progress to abduction	ROM below shoulder level
1-3 months	Begin using arm for light ADL's Flexion & external rotation in neutral may be worked on using doorway stretches and/or wand exercises. Internal rotation behind the back can be worked on cautiously with gentle towel stretches. Strengthening exercised are implemented using theratube or light dumbbells.	Full passive and active ROM Pain-free ADL's and light to medium job duties External and internal rotation strengthening should remain in a neutral position. DISCONTINUE AC HARNESS ONLY UNDER DIRECTION OF PHYSICIAN ROM initiated at this time, but end-range flexion, abduction, and external rotation at 90° of abduction should not be forced. Flexion and abduction strengthening should remain at or below 90° of elevation.

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PHASE	FUNCTIONAL PROGRESSION/ACTIVITIES	GOALS/RESTRICTIONS
3 to 6 months	Functional return of patient back to their prior level of activity. Patient will be able to utilize heavier weight with exercise and may begin weight room activities. Strength exercises at or above 90° may be implemented as long as pain free. Implementation of a sports specific functional progression is appropriate at this time. Note that overhead athletes will begin their return to sport more toward the end of this phase.	Restore normal strength Return to unrestricted work or athletic activities. Patient is discharged once they have full ROM, normal strength and resumed full pain free activities.

Refer to enclosed table for suggested exercises which optimize muscle function based on EMG activity.

Approved By:

Physician reserves the right to adjust these protocols for each patient.

Signature: _____ Date: _____
Robert Doane, M.D.

Signature: _____ Date: _____
Balu Pisupati, PT

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