

Patient name:  
Date of Surgery:  
Surgery performed:

**Tyler McGregor D.O.**  
**General Ortho and Sports Medicine**  
**South Bend Orthopaedics**  
**Postoperative Acromioclavicular and/or Coracoclavicular**  
**Ligament Stabilization Rehabilitation Protocol**

This is a general guideline. Certain patients may require extra attention to certain areas of their body or portions of the protocol. Always listen to your therapist; a protocol never replaces their good clinical judgement. Do not attempt to increase weight, perform a new exercise, or increase your range of motion without their direction.

**10-14 days POST-OP - 1<sup>st</sup> postoperative visit**

1. Patient Education
  - Sling to be worn for 6 weeks
  - Non weight bearing to the surgical arm
  - Icing 3 times/day for 20 minutes each or vascutherm more frequently
2. Modalities – PRN
3. Ice

**3 WEEKS POST-OP**

1. Begin Formal Physical therapy
  - **Supine** passive and active assist range of motion
  - Formal therapy twice weekly
  - No motion above 90 degrees in any plane
2. Continue non weight bearing and sling use unless performing exercises
3. Modalities – PRN
4. Ice

**SIX WEEKS POST-OP – 2<sup>nd</sup> postoperative visit**

1. Discontinue sling
2. Physical therapy
  - Passive and active assist range of motion while standing/seated
  - Progress from isometrics to isotonics once motion restored
  - Scapular stabilization
  - STRENGTHENING / THERABAND
    - o Internal and External rotation, biceps curl, row, forward punch
  - STRETCHING / ACTIVE MOTION
    - o Supine External Rotation, Standing External Rotation, Supine assisted arm elevation, Arm Elevation in scapular plane, Behind the back internal rotation (limit beltline) Horizontal adduction(active reach only), Hands behind-the-head stretch, ER @ 90° abduction stretch, Proprioception drills, Side lying IR @ 90°
  - STRENGTHENING / DYNAMIC
    - o Side lying ER, Prone row, Prone extension, Prone 'T's, Prone 'Y's, Standing scaption, Isotonic biceps curl, Rhythmic stabilization, Scapulohumeral Rhythm exercises
  - Continue non weight bearing
  - Ok to move arm for most daily activities
  - Do not to lift objects heavier than 1 or 2 pounds, especially overhead
  - Avoid forceful pushing or pulling activities
  - Avoid reaching behind you or other positions with the hand behind the head
3. Modalities – PRN
4. Ice

**12 WEEKS POST-OP – 3<sup>rd</sup> postoperative visit**

1. Exercises
  - Begin Active Range of Motion
  - Gentle strength training once motion near symmetric

**4-5 MONTHS POST-OP**

Sport/job specific weight training should not begin with overhead strengthening until postoperatively.

**6 MONTHS POST-OP**

RETURN TO CONTACT SPORTS IS TYPICALLY PERMITTED AT 6 MONTHS IF SHOWING CLINICAL AND RADIOGRAPHIC SIGNS OF STABILITY.