ADVANCED ORTHOPAEDIC ASSOCIATES, P.A.

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PHYSICAL THERAPY: ACROMIOCLAVICULAR JOINT RECONSTRUCTION

EARLY POST OP/PHASE I (0-6 weeks)
GOALS:
Pain control
Swelling control
Start PT at 2 weeks

EXERCISES/RESTRICTIONS:
Wear sling at all times
No lifting objects on injured side
Passive Range of Motion:
- Flexion to 45
- External Rotation to 30
- Internal Rotation to 30

*No Pendulum exercises or dangling arm, even in shower
*No AROM

PHASE II (6-12 weeks):
GOALS:
Regain full ROM
Begin strengthening exercises

EXERCISES/RESTRICTIONS:
Discontinue Sling
Passive/Active ROM
Gain full ROM
Shoulder shrugs
Rotator cuff program
Continue scapular stabilization
Biceps/Triceps strengthening
Discontinue sling
No contact sports

PHASE III (12-18 weeks):
GOALS:
Gradual **r**eturn to full activities

EXERCISES/RESTRICTIONS:
Can run
Can outdoor bike
Active ROM exercises
Shoulder strengthening program
Limit lifting to 10 pounds until 4 months post-op, then gradually increase
No contact sports until cleared by MD (generally 6 months post-op)
No pushups or downward dogs or pull-ups until cleared by MD (generally 4 months post-op)