



ACJ RECONSTRUCTION



Orthopedics

(Anatomic Coracoclavicular Ligament Shoulder Rehabilitation Reconstruction)

Phase I Passive range of motion Pendulums to warm up

Phase II Active range of motion with terminal stretch Pendulums to warm up

Phase III Resisted plus continue Phase II Pendulums to warm up
SLING FOR 4 WEEKS INCLUDING SLEEP, THEN WEAN OFF AS TOLERATED

PHASE I

- Immobilization in sling or gunslinger brace for 6 weeks. Pendulums only, sleep in sling/immobilizer, No other ROM.

PHASE II Begin 6 weeks post-op(POD # 43)

- Forward elevation
- External Rotation
- Internal Rotation
- Progress to full in all planes ASAP

PHASE III Begin 8 weeks post-op, when AROM full or near full

- Resisted program/theraband
- Forward flexion
- External rotation and internal rotation
- Shrugs/rows Weight Training: Begin 3 months post-op
- No longer lever-arm exercises
- No abducted positions
- No impingement position

RETURN TO ACTIVITIES

- Computer: 5 weeks
- Golf: 3-3.5 months
- Tennis: 4 months
- Contact Sports: 4-6 months
- Heavy Labor: 4-6 months