



Mid-America Orthopedics

Dr. John Babb

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AC JOINT RECONSTRUCTION PROTOCOL

Day 1-13 Post-op

- PT removes bandages on POD #3, keep steri-strips intact until Dr Babb can remove them.
- No ointments, betadine etc should be used on the incisions or portals.
- If any drainage/oozing is present recover with 4x4's, and notify Dr Babb (may need antibiotics).
- **NO ice bags** on any oozing or open wounds without being covered first with a bandage.
- If any wounds are oozing delay range of motion until wounds are closed and healed.
- **NO water on wounds** for 2 weeks (including showers) even if covered, no submersion of wounds in water (baths) until wounds are scars
- **Sling:** Sling and abduction pillow
- **ROM:**
 - PROM all planes to tolerance
 - AAROM all planes to tolerance - **With therapist supervision only**
 - Pulleys, Cane
- **Strengthening:**
 - Gentle, pain-free Isometrics: ER, IR, ABD, Ext, Biceps, Triceps
 - **NO resisted shoulder flexion**

Day 14-41 Post-op

- **Sling:** Sling and abduction pillow
- **ROM:**
 - Continue to progress PROM, AAROM in all planes as tolerated
 - Initiate pain-free AROM
 - Shoulder ABD, Ext, IR, ER
- **Strengthening:** Initiate light isotonic
 - IR/ER with tubing at 0 deg ABD
 - Biceps/Triceps
 - Sidelying ER
 - Prone horizontal ABD
 - Prone Extension
 - Prone Rowing
 - Initiate rhythmic stabilization for IR/ER
 - **NO resisted shoulder flexion**

6-8 Weeks Post-op

- **Sling:** Sling and abduction pillow discontinued
- **ROM:**
 - Continue AAROM & stretching
 - Initiate pain-free AROM into shoulder flexion
- **Strengthening:**
 - Continue to progress with strengthening from above
 - Initiate rhythmic stabilization for shoulder flexion/extension
 - **NO shoulder press, bench press, pec deck, or pull-overs**

8-12 Weeks Post-op

- **ROM:** Full & non-painful
- **Strengthening:**
 - Continue to progress with rotator cuff & scapular stabilizer strengthening from above
 - Initiate resisted shoulder flexion
 - Rhythmic stabilization all directions
 - PNF patterns
 - **NO shoulder press, bench press, pec deck, or pull-overs**

3 Months Post-op

- **ROM:** Full & non-painful
- **Strengthening:**
 - Continue to progress with rotator cuff & scapular stabilizer strengthening from above
 - Rhythmic stabilization all directions
 - PNF patterns
 - Initiate sports/activity specific movement patterns
 - Initiate plyometric exercise program (2 hand plyos close to body only)
 - Chest pass
 - Side throw close to body
 - Initiate isotonic machines strengthening exercises (if desired)
 - Shoulder press
 - Bench press (seated)
 - Lat pull down
 - Pec deck
 - Initiate golf, swimming

4 Months Post-op

- **Strengthening:** Continue all exercises listed above
 - Progress plyometrics to 2 hand drills away from body
 - Side to side throws
 - Soccer throws
 - Side throws

5 Months Post-op

- **Strengthening:** Continue all exercises listed above
 - Initiate one hand plyometric throwing (stationary throws)
 - Initiate one hand wall dribble
 - Initiate one hand baseball throws into wall

6 Months Post-op

Activity: Gradually progress to competitive throwing/sports

Patient progression during the time frames along with general modality and exercise choice is left up to the discretion of the treating therapist. If you have any questions regarding this protocol, please contact (316) 630-9300.