

SHOULDER · POST-OPERATIVE REHABILITATION

Acromioclavicular Joint (ACJ) Reconstruction

KEY POINTS

- Normally in sling for 4/52
- Read op notes for individual instructions

DISCHARGED FROM THE WARD WITH

- Active elbow, hand, finger, neck and shoulder girdle exercises
- Pendular flexion for axillary hygiene reasons only
- Postural awareness advice

WEEKS 1-3

- Active assisted flexion to 90 degrees
- Active assisted external rotation as comfortable
- Check active elbow, hand, finger, neck and shoulder girdle exercises
- Postural advice and correction
- Start scapular setting rehab

WEEKS 3-6

- Wean off sling, aim to discard sling at 4 weeks post op
- Gradually introduce more active ROM exercises within range of comfort
- Closed kinetic chain exercises to improve proprioception

WEEKS 6+

- Open and closed exercises to improve proprioception
- Add active shoulder movements all directions, no restrictions
- Joint mobilisations and capsular stretches as able and if required

WEEKS 12+

- Introduce sports specific exercises as needed

RETURN TO ACTIVITY - GUIDELINES

- Driving 6 weeks
- Swimming
- Breast stroke 6 weeks

• **Front crawl 3 months**
Mr Tony Corner · Consultant Orthopaedic Surgeon (Shoulder & Elbow) · GMC 4641795. This guide is general; always follow your specific post-operative instructions.

- **Golf 3 months**
- **Contact sport minimum 3 months**
- **Avoid heavy lifting for 3 months**