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AC Joint Reconstruction/ORIF Distal Clavicle Fracture

Phase One: the first week after surgery

GOALS:

1. Control pain and swelling
2. Protect the AC joint repair
3. Protect wound healing
4. Begin early shoulder motion

ACTIVITIES:

Immediately After Surgery

1. After surgery you will be taken to the recovery room where your family can meet you. You will have an abduction pillow sling on your operated arm that you will wear for 4-6 weeks
2. You should get out of bed and move around as much as you can
3. When lying in bed, elevate the head of your bed and put a small pillow under your arm to hold it away from your body
4. Apply cold packs to the operated shoulder to reduce pain and swelling
5. Move your fingers, hand, and elbow to increase circulation
6. You will receive a prescription for pain medication for when you go home (it will make you constipated if you take it for a long time)

Two Days After Surgery

1. The large dressing can be removed and a small bandage applied if wanted to keep wound covered, do not remove steri strips
2. Remove the sling several times per day to gently move the arm in a pendulum motion: lean forward and passively swing the arm
3. You may shower and get the incision wet, no soaking in bathtub
4. **DO NOT** lift your arm at the shoulder using your muscles

REHABILITATION AFTER AC JOINT RECONSTRUCTION

Phase One: 0 to 6 weeks after surgery

Goals:

1. Protect the surgical repair
2. Ensure wound healing
3. Prevent shoulder stiffness
4. Regain range of motion
5. Control pain and swelling

Activities:

1. Sling

Use your sling most of the time for the first 2 weeks. The doctor will give you additional instructions on the use of the sling at your post-operative office visit. Remove the sling 4 or 5 times a day to do pendulum exercises.

2. Use of the operated arm

Do not let weight of arm pull on fixation device x 6 weeks

Do not elevate surgical arm above 90 degrees in any plane for the first 6 weeks post-op.

Do not lift any objects over 1 or 2 pounds with the surgical arm for the first 6 weeks.

Avoid excessive reaching and external/internal rotation for the first 6 weeks.

3. Showering

You may shower or bath and wash the incision area. To wash under the operated arm, bend over at the waist and let the arm passively come away from the body. It is safe to wash under the arm in this position. This is the same position as the pendulum exercise.

Exercise Program

ICE

Days per Week: 7 as necessary 15- 20 minutes

Times per Day: 4-5

STRETCHING / PASSIVE MOTION

Days per Week: 7 Times per day: 4-5

Program:

Pendulum exercises

Supine External Rotation

Supine assisted arm elevation limit to 90 degrees

Isometric exercises: internal and external rotation at neutral

Elbow and forearm exercises

Ball squeeze exercise

Scapular retraction

Phase two: 7 to 12 weeks after surgery

Goals:

1. Protect the surgical repair
2. Improve range of motion of the shoulder
3. Begin gentle strengthening

Activities

1. Sling

Your sling is no longer necessary unless your doctor instructs you to continue using it (use it for comfort only).

2. Use of the operated arm

You can now move your arm for most daily activities, but you need to continue to be careful not to lift objects heavier than 1 or 2 pounds. You should avoid forceful pushing or pulling activities. You should continue to avoid reaching behind you or other positions with the hand behind the head.

2. Bathing and showering

Continue to follow the instructions from phase one and the instructions above.

Exercise Program

STRETCHING / ACTIVE MOTION

Days per week: 7

Times per day: 1 to 3

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

Side lying ER

Prone row

Prone extension

Prone 'T's

Prone 'Y's
Standing scaption
Isotonic biceps curl
Rhythmic stabilization
Scapulohumeral Rhythm exercises

STRENGTHENING / THERABAND

Internal and External rotation
Biceps curl
Row
Forward punch (Serratus punch)

Phase Three: starting 13 to 18 weeks after surgery

Goals:

1. Protect the surgical repair
2. Regain full range of motion
3. Continue strengthening progression

Activities:

Use of the operated arm

You may now safely use the arm for normal daily activities involved with dressing, bathing and selfcare. You may raise the arm away from the body; however, you should not raise the arm when carrying objects greater than one pound. Any forceful pushing or pulling activities could still disrupt the healing of your surgical repair. Continue to avoid lifting weighted objects overhead

Exercise Program:

STRETCHING / RANGE OF MOTION

Days per week: 7
Times per day: 1-2
Pendulum exercises
Standing External Rotation / Doorway
Wall slide Stretch
Hands-behind-head stretch
Standing Forward Flexion
Behind the back internal rotation
Supine Cross-Chest Stretch
Sidelying internal rotation (sleeper stretch)
External rotation at 90° Abduction stretch

STRENGTHENING / DYNAMIC

Days per week: 7 Times per day: 1
Side-lying External Rotation
Prone Horizontal Arm Raises 'T's
Prone row
Prone scaption 'Y's
Prone extension

Standing forward flexion “full-can”
scaption

Add progressive resistance 1 to 5 lb

Rhythmic stabilization and
proprioceptive training drills with
physical therapist

Limited weight training can begin week 16

STRENGTHENING / THERABAND

Days per week: 7

Times per day: 1

External Rotation

Internal Rotation

Standing Forward Punch

Shoulder Shrug

Dynamic hug

Seated Row

Biceps curl

W's

Phase Four: starting 19 to 28 weeks after surgery

Goals:

1. Progression of functional activities
2. Maintain full range of motion
3. Continue progressive strengthening
4. Advance sports and recreational activity per surgeon

Exercise Program

STRETCHING / RANGE OF MOTION

Days per week: 5-7 Times per day: 1

Continue all exercises from phase 3

STRENGTHENING / THERABAND

Days per week: 3 Times per day: 1

Continue from phase 3

STRENGTHENING / DYNAMIC

Days per week: 3 Times per day: 1

Continue from phase 3

PLYOMETRIC PROGRAM

Usually for throwing and overhead athletes

Days per week and times per day per physical therapist

‘Rebounder’ throws with arm at side

Wall dribbles overhead

Rebounder throwing/weighted ball

Deceleration drills with weighted ball

Wall dribbles at 90°

Wall dribble circles

WEIGHT TRAINING

See weight training precautions section

INTERVAL SPORT PROGRAMS

See individual programs for golf, tennis, swimming and throwing.