

AC JOINT REPAIR/RECONSTRUCTION REHAB PROTOCOL

Please correlate rehab plan with operation note for patient specific post-operative plan base on intra-operative findings.

- 0-6 weeks
 - Sling immobilisation with elbow supported for 6 weeks
 - Active finger, wrist, elbow range of motion exercises and grip strengthening
 - Passive shoulder forward flexion and abduction up to 90 degrees, external rotation, twice a day
 - Cryotherapy / ice pack in between exercises
 - No heavy lifting/strengthening for 12 weeks
- After 6 weeks
 - Sling as required for comfort and safety
 - Passive, assisted active graduating onto active shoulder range of motion, no restrictions with aim to reach full range by 12 weeks
 - Isometric painfree submax shoulder exercises
 - No heavy lifting/strengthening for 12 weeks
- After 12 weeks
 - Continue with above
 - Gradual strengthening with elastic band and weights
- After 16 weeks
 - Work and sport specific strengthening
- Follow-up appointment:
 - 2 week clinic for wound check with x-ray
 - 6 week clinic with Mr Francis Ting with x-ray
 - 12 weeks clinic with Mr Francis Ting with x-ray