



## Duke Orthopaedics: Upper Extremity Division

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### Acromioclavicular Joint Reconstruction

#### Phase 1 (0-8 weeks): Protect & Repair

##### GENERAL PRECAUTIONS AND GUIDELINES

- Patient may shower immediately over clear plastic, waterproof dressing
- Sutures are all underneath the skin and will dissolve on their own
- Ice or cold flow systems encouraged for the first week at a minimum: should be used 3-4x/day
- Sling should be in place when not performing exercise
- No lifting with involved extremity
- AVOID scapular ROM exercises

##### EXERCISES

- Immediate elbow, forearm and hand range of motion out of sling
- Pendulum exercises
- Passive and active assistive ER at the side to 30, flexion to 130

#### Phase 2 (8-12 weeks): Progress ROM & Protect/Repair

##### GENERAL PRECAUTIONS AND GUIDELINES

- May discontinue sling
- Lifting restriction of 5 lbs with involved arm

##### EXERCISES

- Advance active and passive ROM in all planes to tolerance
- Initiate gentle rotator cuff strengthening
- Initiate scapular AROM exercises

#### Phase 3 (12 weeks on): Full Function

- Discontinue lifting restrictions
- Advance rotator cuff and scapular stabilizer strengthening
- Initiate functional progression to sports specific activities at 4 months