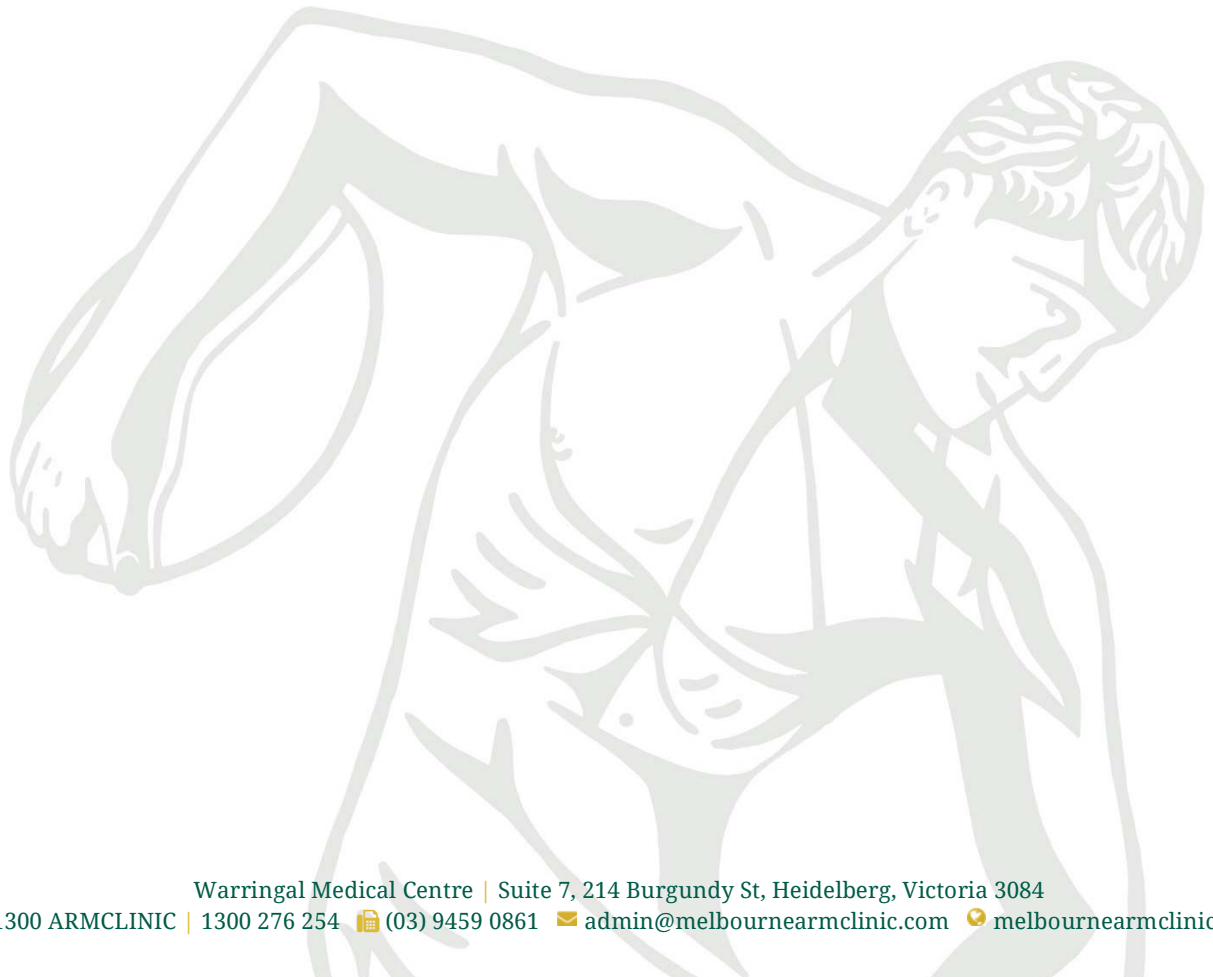




AC Joint Stabilisation Protocol





AC Joint Stabilisation

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 Orthopaedic Shoulder Surgeon

Sling	When will I go home?	What can I do?	What can't I do?
4 weeks	You will be discharged on the <u>same</u> day as the operation	Passive range of movement in safe zone*	No active movements, no lifting

Acute phase (0-4 weeks)

Goals

- Reduce pain
- Respect surgical repair
- Begin controlled range of movement

Rehabilitation

- *Safe zone: passive forward flexion to maximum 90°, passive external rotation to neutral
- Teach scapular setting, postural correction
- Pendular exercises
- From 2 weeks, commence assisted active forward flexion to 60° (eg with cane, stick)
- Elbow, wrist and hand exercises
- No active forward elevation or abduction exercises

Criteria for progression

- Pain control

Intermediate phase (4-8 weeks)

Goals

- Discard sling
- Restore functional range of movement
- Re-educate cuff recruitment and scapular control through range
- Enhance proprioception
- Preserve surgical repair integrity

Rehabilitation

- Progress range of movement beginning with passive movement, and then increasing active assisted and active as tolerated, whilst respecting pain
- Commence cuff strengthening regime
- Ensure dynamic scapular control through range
- Hydrotherapy permitted



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Criteria for progression

- Pain free range of movement
- Scapular and cuff musculature control through range

Late phase (>8 weeks)

Goals

- Restore full range of movement
- Optimise cuff and scapular control under load
- Enhance shoulder power, strength and endurance

Rehabilitation

- Continue to increase range of movement to functional range
- Strengthening and endurance exercises for cuff and scapular musculature

Guidelines for return to functional activities

Driving	Lifting	Swimming	Golf
6-8 weeks	Light lifting at 6 weeks, avoid heavy until 3 months	Breaststroke 6 weeks, freestyle 12 weeks	3 months

