

Consultant Orthopaedic Surgeon

POST OP REHAB GUIDELINES

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

Contact Details

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