

# Acromioclavicular Joint Reconstruction Postoperative Protocol

## Immediate Postoperative Instructions

- **Activity:** Keep the sling on, remove only for hygiene.
- **Dressing:** Keep waterproof dressing on for 1 week. May change if saturated.
- **Shower:** May shower in waterproof dressing. Do not submerge in water until 1 week after your surgery.
- **Follow-Up Appointment:** If not already scheduled, call (402) 609-3000 tomorrow to schedule your appointment in the next 1-2 weeks.
- **Questions:** Call us at (402) 609-3000 or email at [Matthew.Dilisio@OrthoNebraska.com](mailto:Matthew.Dilisio@OrthoNebraska.com).

## Postoperative Plan

### Sling Use:

- Sling for 6 weeks except for hygiene
- May remove for showers/dressing

### Activity:

- Permitted Immediately: Computer, eating, holding a book, typing, writing
- 3 Months: Golf (chip and put only)
- 6 Months: Competitive sports

## Physical Therapy Protocol

### Phase I: Weeks 0-3

- Sling at all times except for hygiene
- Full passive range of motion to fingers, wrist, and elbow
- No formal physical therapy

### Phase II: Weeks 3-6

- Sling at all times
- Progress to full passive motion at 3 weeks. No active, **no strengthening.**
  - Forward elevation: As tolerated
  - External Rotation: As tolerated
  - Internal Rotation: As Tolerated

### Phase III: Weeks 6-12

- Wean from sling at 6 weeks
- Progress to full active motion as 6 weeks, **no strengthening**
  - Forward elevation: As tolerated
  - External Rotation: As tolerated
  - Internal Rotation: As Tolerated

### Phase IV: Weeks 12+

- Start resistance training, gradually increasing (starting with light weights, high repetitions)
- Continue gentle stretching
  - Forward elevation: Full
  - External Rotation: Full
  - Internal Rotation: Full