

AC Arthritis Mumford Procedure Post Operative Rehabilitation Protocol

Following Surgery:

- Expect a surgical bulky dressing and arm sling to be worn for 2-4 weeks.
- Use cryocuff or ice shoulder 3-5 times per day for 15 minute intervals until your next clinic visit.
- Maintain upright shoulder positioning at all times.
- Shower with a plastic bag covering the area and seal with tape.
- Take your pain medicine as needed and as prescribed. Call if any problems or questions arise.

Precautions:

- Watch for signs of infection and call immediately if these signs develop:
 - Fever higher than 100°F, shortness of breath, or feel very sick.
 - Warmth, redness, and/or increased drainage coming from your incision site.
- Watch for signs of blood clots and go to the ER immediately if these signs develop:
 - Excessive increase in swelling, hardness, pain, or redness in forearm or calf.
- Avoid excessive reaching and external/internal rotation until 6 weeks post op.
- Avoid heavy lifting activities for 4-6 weeks.

3-5 Days Post Op:

- Initiate progressive home exercise program with Range of Motion (ROM) and strengthening exercises including:
 - Pendulum exercises.
 - Theraband exercises for triceps/biceps.
 - Isometric rotator cuff internal and external rotations with arm at side.
 - Isometric shoulder abduction, adduction, extension and flexion with arm at side.

10-14 Days Post Op:

- Sutures will be removed in the office.

4 Weeks Post Op:

- Follow up appointment in clinic with P.A. or Surgeon.
- May discontinue sling.
- Begin gentle active ROM exercises in all planes and light resistance exercises.
- Initiate rotator cuff strengthening (0°-45° abduction), scapular strengthening, and dynamic neuromuscular control exercises.

8 Weeks Post Op:

- Follow up appointment in clinic with P.A. or Surgeon.
- Continue above exercises, but also begin:
 - Multi-plane active ROM with gradual increase in velocity of movement-assessing scapular rhythm.
 - Rotator cuff strengthening at 90° abduction.
 - Sport/work specific strengthening, endurance, and velocity specific exercises.
 - Full release to work and sports when complete ROM achieved.

Note: These instructions are to serve as guidelines and are subject to Physician discretion. Actual progress may be faster or slower depending on the individual.