

AC Joint Repair Post Operative Rehabilitation Protocol

Following Surgery:

- Expect a surgical dressing and arm sling to be worn for 4 weeks.
- Ice shoulder for 15 minute intervals until your next clinic visit.
- 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.
- 6-8 weeks postop gentle range of motion with assistance of contralateral side.
- 8-12 weeks active range of motion of the right upper extremity below shoulder height without weight
- 12 weeks to 4 months may begin above shoulder ROM without weight
 - May begin exercises attached
- At 4 months may begin light to moderate activities with the right upper extremity
- At 6 months post-op full release to activity