

AC Joint Repair

Post Operative Rehabilitation Protocol

Following Surgery:

- Expect a surgical dressing and arm sling to be worn as needed.
- 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.
- 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.
-
- 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