

AC Arthritis Mumford Procedure Post Operative Rehabilitation Protocol

Following Surgery:

- Expect a Tegaderm dressings and arm sling to be worn as needed.
- Ice shoulder for 15 minute intervals until your next clinic visit.
- Maintain upright shoulder positioning at all times.
- May shower immediately as long as Tegaderm with good seal
- 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 8 weeks.

2 Weeks Post Op:

- Follow up appointment in clinic
- Sutures will be removed
- Initiate progressive home exercise program focusing on range of motion:
 - 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.

8 Weeks Post Op:

- Follow up appointment in clinic
- Initiate rotator cuff strengthening, scapular strengthening, and dynamic neuromuscular control exercises.

16 Weeks Post Op:

- Follow up appointment in clinic
- Progressive activities as tolerated.