

OSWESTRY POST OPERATIVE REHABILITATION GUIDELINE **ACROMIOCLAVICULAR JOINT STABILISATION**

Purpose

Stabilisation of the acromioclavicular joint

Case profile

Patients with pain from a disrupted and unstable acromioclavicular joint. Failure of non-operative treatment with minimum of 3/12 from injury.

Procedures

Modified weaver-Dunn procedure

LARS ligament procedure

Surgilig procedure

Post Operative Protocol Summary

Sling 6/52

NO active ROM 6/52, active assisted within range

6/52 flexion to 90°

Abduction to 60° for 2/52, abduction to 90° for 2-6/52

NO resistance 6/52 (other than 30% submaximal cuff in neutral)

**** NO PENDULAR EXERCISES**

Post Operative Treatment

Day 1 – 2 Weeks

- In the first phase of rehabilitation the protocol is based on maintaining integrity of repair and scapula stabilisation **NOT** ROM or Strengthening.
- Elbow, wrist and hand exercises.
- Postural awareness and scapula setting.
- AAROM, as comfortable-flexion only to 90°, abduction to 60°
- Core stability exercises as appropriate.
- Scar tissue management

2 – 6 Weeks

- Increase AAROM abduction to 90°
- Continue with all above exercises.
- Isometric cuff less than 30% Maximal Voluntary Contraction

6 – 8 Weeks

- Regain scapula and gleno humeral stability for shoulder joint control rather than range.
- Gradually increase ROM above 90° active assisted then active
- Commence Level 1 exercises
- Correction of abnormal movement patterns
- Progress dynamic scapula control
- Increase proprioception through open and closed chain exercises.
- Progress core stability

8 – 12 Weeks

- Progress active ROM through full range
- Progress rotator cuff rehabilitation (appropriate Level 2 exercises)

12 Weeks onwards

- Progress scapula stabilisation programme
- Level 3 exercises
- Ensure scapula dynamic control through full ROM

MILESTONES	
Active elevation 90°	6/52
Minimum 80° external rotation at side	12/52
Normal movement pattern through range	12/52

FUNCTIONAL ACTIVITIES	
Return to work- Sedentary	As tolerated
- Manual	3/12
Driving	6/52
Swimming - Breaststroke	8/52
- Freestyle	12/52
Contact sport	6/12
Golf	3/12
Lifting - Light	8/52
- Heavy	3/12

Catrin Astbury/ Jayne Brown/ Julie Lloyd Evans

Clinical Specialist Physiotherapists Upper Limb : June 2019

Review Date : June 2021

Tel: 01691 404408

E Mail: catrin.astbury@nhs.net / jayne.brown18@nhs.net / julie.lloyd-evans@nhs.net