



## Rehabilitation Protocol

### AC Joint Reconstruction, Posterior Labral Repair

#### **Phase I: Protect Repair** *(0 to 6 weeks after surgery)*

- Patients may shower immediately over clear plastic, waterproof dressing
- Sutures are all underneath the skin and will dissolve on their own
- Ice or cold flow systems encouraged for the first week at a minimum: should be used 3-4 times per day.
- Sling should be in place when not performing exercises.
- Initiate exercise program 3 times per day:
  - Immediate elbow, forearm and hand range of motion out of sling
  - Pendulum exercises
  - Avoid IR ROM and flexion greater than 90
  - Passive and active assistive ER at the side to 60, scapular plane abduction to 90, flexion to 90 only
- No lifting with involved extremity.
- AVOID scapular ROM exercises.

#### **Phase II: Progress ROM & Protect Repair** *(6 to 12 weeks after surgery)*

- May discontinue sling.
- Lifting restriction of 5 pounds with the involved extremity.
- Avoid IR in abducted position > 30 and cross body shoulder motion
- Advance active and passive ROM:
  1. ER at the side and scapular plane elevation to tolerance
  2. Flexion to tolerance - shld should be in externally rotated position
  3. Extension to tolerance
  4. IR from abducted position to 30 degrees
- Initiate gentle rotator cuff strengthening.

**Adam Lindsay, MD, M.S.**  
Shoulder Arthroplasty, Sports Medicine, Orthopedic Trauma  
Surgery  
TheCenterOregon.com/Lindsay  
www.lindsayssportsmed.com/  
(P) - 541.382.2233



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- Initiate scapular AROM exercises.

**Phase III: Full Function** (*3 months after surgery*)

- Begin combined full flexion and IR from abducted position.
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- Discontinue lifting restrictions.
- Advance rotator cuff and scapular stabilizer strengthening.
- Initiate functional progression to sports specific activities at 4 months.