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Dr. Randy Clark
 Shoulder AC joint reconstruction Physical Therapy Protocol

	Sling Immobilizer	Range of Motion	Exercises	Goals
0-4 weeks	At all times	Elbow and wrist motion only -no shoulder movement	No lifting/pulling/pushing	Decreased pain and swelling
4-6 weeks <i>*Start Physical Therapy at 4 weeks</i>	*At all times except in PT *Keep elbow supported for 6 weeks to decrease forces at reconstructed AC joint	1- Pendulums 2- passive ROM only FF to 100, ER to 20 3- No manipulation	1- Scapular stabilization 2- No resistance training or strengthening 3- no lifting/pushing/pulling 4- no cross body adduction for 6 weeks	1- passive FF to 100 2- passive ER to 20 3- decreased pain and swelling
6-12 weeks	Remove sling at 8 weeks	1- advance passive ROM to active assist ROM to full active ROM 2- No manipulation	1- no lifting/pushing/pulling greater than 3 lbs 2- ok to use arm for eating, grooming	1- Full ROM with normal scapular-humeral rhythm
12-16 weeks	No sling	Full ROM	1- Begin RTC band strengthening program 2- no weights 3- no lifting/pushing/pulling greater than 5 lbs	
16 weeks +	No sling	Full ROM	1- Advance resistance strengthening 2- Begin Isokinetics 3- Emphasize eccentric strengthening	1- full strength

Patients will typically follow up post-operatively in clinic with Dr. Bollier at 2,4, 10, and 24 weeks.

Specific Recommendations /Restrictions /Goals:
