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AC Joint Reconstruction
(Weaver-Dunn; Clavicle Stabilization)

Stage 0

Note: Support weight of arm to keep AC joint reduced

1. Modalities- pain, inflammation, and joint stiffness
2. Sling wear for 3-4 weeks (May remove for GH motion while wt of arm is supported)
3. Postural awareness
4. Check Op Note for possible additional pathology
 - Debridment of RTC
 - Calcific Ossifications/Tendonitis
 - Distal Clavicle Resection (**No Horizontal Adduction**)

Stage 1 (Week 1-4)

Note: Support weight of arm to keep AC joint reduced

1. PROM
2. AAROM (pulley and cane)
3. Table wash
4. Wrist and Elbow PRE's
5. Continue Modalities (reduce inflammation and pain)

Goals:

Pain-free AAROM
Reduce muscle atrophy
Decrease pain and inflammation

Stage 2 (week 4-6)

1. PROM as tolerated
2. AAROM as tolerated
3. Prone Clocks
4. Pain-free AROM initiated
5. CKC exercises
 - Horizontal (table)
 - Vertical (wall)
6. Scapular Stabilization exercises
7. Continue GH inferior mob (grade 2)
8. Continue wrist and elbow PRE's
9. Sub maximal isometrics
10. Initiate UBE 3-4 weeks
11. Initiate trunk exercises
12. Continue modalities as necessary

Goals:

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Pain-free AROM by 6 weeks
Decrease pain and inflammation

Stage 3 (week 6-8)

1. Normalize AROM (full in all planes)
2. Scapular stabilization ex's
-Elevation, Depression, Retraction, Protraction in later stance position with involved hand on wall, and etc.
3. Initiate tubing 6 weeks (punch, pull, ER, and IR)
4. Initiate isotonic's (increase wt.) ER at 0
5. Initiate PNF
6. Continue inferior mob (+ant/posterior mob as indicated)
7. Prone Clock (start without wt first)
8. Proprioceptive and manual control drills
9. Continue modalities prn
10. Instruct in postural exercises

Goals:

Increase muscular strength
Min-0/10 pain
Improve neuromuscular and proprioceptive control (i.e. body blade)

Stage 4 (8-12 weeks)

1. Eccentric cuff and scapular exercise as needed
2. Forward elevation to 70 (full can-thumb up)
3. UE plyometric drills (2 handed)
4. Chest press, push-ups, serratus push-ups in protected ROM
5. Diagonal patterns with LE reaches
6. UE endurance exercises

Stage 5 (12-16 weeks)

1. Start functional activities/exercises
-Overhead sport program initiated 12-14 weeks per approval of physician
2. Advance 1 arm plyometrics
3. Return to sport programs 16-24 weeks

DC goals

1. 0-3/10 pain scale
2. Min-to-0 palpable tenderness on clinical exam
3. AROM 5±WNL

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4. Strength 4 to 4+/5 depending on skill level and ADL's
Rev date: 5/2004