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Patient \_\_\_\_\_  
 D.O.S. \_\_\_\_\_

### Acromioclavicular Joint Reconstruction

	<b>0-8 WEEKS</b> <b>Begins on DOS</b>	<b>8-12 WEEKS</b>	<b>12-16 WEEKS</b>	<b>16-20 WEEKS</b>	<b>WEEK 20+</b>	
<b>FLEXION</b>	PROM as tolerated	AROM as tolerated				
<b>ABDUCTION</b>	PROM as tolerated	AROM as tolerated				
<b>EXTENSION</b>	PROM as tolerated	AROM as tolerated				
<b>ER</b>	PROM as tolerated	AROM as tolerated				
<b>IR</b>	PROM as tolerated	AROM as tolerated				
<b>IMMOB/SLING</b>	All times 0-6 weeks, then wean	None				
<b>P.T. visits/week</b>	2-3	2-3	2-3	1-3	1-3	
<b>EXERCISES</b>	AROM (cervical, elbow, wrist, hand)					
	Passive Pendulums, Glenohumoral joint mobilizations					
	Closed Chain Scapula, scapular retraction and Depression	Begin resistive exercises for scapular stabilizers		Aggressive scapular stabilization		
	Elbow and shoulder isometrics		Begin elbow & shoulder isotonic	Advance strength as tolerated, eccentric strengthening and plyometrics		
			UBE	Cycling/Running @ 12 weeks		
	<ul style="list-style-type: none"> <li>• PT visits/week may vary</li> <li>• Individual exercise progression may vary</li> <li>• <b>No horizontal adduction for 8 weeks</b></li> <li>• <b>Return to sport/work by MD only.</b></li> </ul>	<p><b>Any questions, please contact:</b></p> <p><b>Northwoods Therapy Associates</b>            Altoona, WI Chippewa Falls, WI            (715) 839-9266 (715) 723-5060</p>			Begin sport specific exercises after MD clearance	
May 2020						