

Orthopaedic Sports Specialists, P.C.

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A-C Joint Stabilization Using Semitendinous Hamstring Autograft

Post Operative Rehabilitation Protocol:

Phase I - Motion Phase: (Week 0-2)

Goals: *Reestablish full non-painful ROM*
 Retard muscular atrophy
 Decrease pain/inflammation

Range of motion exercises:

- * T-bar AA/ROM exercises
 - * flexion to tolerance
 - * ER/IR (Begin at 0 degrees abduction, progress to 45 degrees abduction; then to 90 degrees ABd)
 - * Rope & pulley flexion
 - * Pendulum exercises
 - * Self-capsular stretches
- *Note - Restrict horizontal AB/ADuction**

Strengthening Exercises:

- * Isometrics
 ER, IR, Abd, Extension, Biceps, Triceps
- *Note - No restricted shoulder flexion**
- * Initiate ER/IR with exercise tubing at 0 degrees

Abduction when pain free.

Decrease Pain/Inflammation

- * Ice, NSAID, modalities

Phase II - Intermediate Phase - (Week 28)

Goals: *Regain and improve muscular strength*
 Normalize arthrokinematic
 Improve neuromuscular control of shoulder complex

Criteria to Progress to Phase II:

1. Full non-painful ROM
2. Minimal pain and tenderness
3. Stable AC joint on clinical exam
4. Good (4/5) MMT of ER/IR/Abd

Week 3

* Range of motion exercises

- Continue AA/ROM ROM with T-bar
- Continue self capsular stretches

* Strengthening exercises

- Initiate isotonic strengthening (light resistance)
 - Shoulder Abduction
 - Shoulder Extension
 - Shoulder ER/IR
 - Biceps/Triceps
 - Scapular Musculature

Note - restricted shoulder flexion prohibited

- Initiate neuromuscular control exercises (PNF)
- Initiate manual resistance

Week 6

* Range of motion Exercises

- Continue stretching program

* Strengthening Exercises

- Continue all strengthening exercises listed above
- Initiate light resistance shoulder flexion
- Initiate upper extremity endurance exercises
- initiate light isotonic resistance progression

NO shoulder press or bench press or pect deck or pullovers

- Rhythmic stabilization exercise for shoulder flexion/extension

Phase III-Dynamic strengthening phase: (Week 8-16)

Goals: *Improve strength/power/endurance.*

Improve neuromuscular control/dynamic stability to the AC joint.

Prepare athlete for overhead motion.

Criteria to Enter Phase III

1. Full non-painful range of motion
2. No pain or tenderness
3. Strength 70% of contralateral side

Strengthening Exercises

*Continue isotonic strengthening exercises

-Initiate light bench press, shoulder press (progress weight slowly).

-Continue with resistance exercises for:

Shoulder ABduction

Shoulder ER/IR

Shoulder Flexion

Latissimus Dorsi (rowing, pull-downs)

Biceps/Triceps

-Initiate tubing PNF patterns

-Initiate ER/IR at 90 degrees ABduction

-Scapular strengthening (4 directions)

Emphasis on scapular retractors, elevators

-neuromuscular control exercises for glenohumeral and scapulothoracic joints

Rhythmic stabilization

Shoulder flexion/extension

Shoulder ER/IR (90/90)

Shoulder ABd/ADd

PNF D2 patterns

Scapular Retract/Protract

Scapular Elev/Depress

-Program to Plyometric Upper Extremity Exercises

*Continue stretching to maintain mobility

PHASE IV - RETURN TO ACTIVITY PHASE (Week 16 >)

Goals: *Progressively increase activities to prepare patient/athlete to full functional return.*

Criteria to Progress to Phase IV:

1. Full non-painful ROM
2. No pain or tenderness
3. Isokinetic test that fulfills criteria (Shoulder F/E, ABd/ADd)
4. Satisfactory clinical exam

*Initiate Interval Sports Program

*Continue all exercises listed in Phase III

*Progress resistance exercise levels and stretching