



# Northern Arizona ORTHOPAEDICS

Outcomes by HOPCo®

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ORTHOPAEDIC SPORTS MEDICINE

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## **PHYSICAL THERAPY PROTOCOL / PRESCRIPTION** **S/P AC RECONSTRUCTION**

### **1-4 WEEKS POST-OP:** First 6 weeks is home program

- ✓ Sling x 6 weeks post-op
- ✓ Pendulum exercises
- ✓ Passive supine elevation using the opposite hand. Passive ER to neutral.
- ✓ Modalities, cryocuff prn
- ✓ Hand, wrist, elbow, PRE's
- ✓ Continue pendulums, passive supine elevation, passive ER
- ✓ Begin scapular strengthening program, in protective range
- ✓ Deltoid isometrics

### **4-6 WEEKS POST-OP:**

- ✓ Joint mobilization & PROM as necessary (passive supine elevation, passive ER)
- ✓ Deltoid isometrics
- ✓ Modalities as needed
- ✓ Begin sub-maximal IR / ER isometric exercises in neutral, arm at side (week 5)
- ✓ Continue scapular strengthening

### **6-9 WEEKS POST-OP:**

- ✓ Begin Theraband IR / ER week 6
- ✓ ROM activities, emphasize flexion. Gentle passive stretch to tolerance forward flexion
- ✓ Deltoid isotonic in scapular plane, **only** after positive rotator cuff strength is determined (esp. flexion)
- ✓ Continue with scapular PRE's. Begin biceps PRE's.
- ✓ Continue with modalities, prn.
- ✓ Progress Rotator cuff isotonic
- ✓ Continue with aggressive scapular exercises
- ✓ Upper extremity PRE's for large muscle groups, i.e. pects, lats, etc.
- ✓ Begin isokinetic program, IR / ER emphasize eccentrics
- ✓ Continue with flexibility activities

### **9-16 WEEKS POST-OP:**

- ✓ Aggressive upper extremity PRE's
- ✓ IR / ER isokinetics, velocity spectrum
- ✓ Begin plyometric program for overhead athletes
- ✓ Posterior capsule stretching after warm-ups

### **16+ WEEKS POST-OP:**

- ✓ Functional Exercises
- ✓ Plyometrics
- ✓ Continue Isokinetics