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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