

Dr. Mark McCarthy

Chippewa Valley Orthopedics & Sports Medicine
 1200 OakLeaf Way, Suite A Altoona, WI 54720
 757 Lakeland Drive, Suite B Chippewa Falls, WI 54729

Patient _____
 D.O.S. _____

Acromioclavicular Joint Reconstruction

	0-8 WEEKS Begins on DOS	8-12 WEEKS	12-16 WEEKS	16-20 WEEKS	WEEK 20+	
FLEXION	PROM as tolerated	AROM as tolerated				
ABDUCTION	PROM as tolerated	AROM as tolerated				
EXTENSION	PROM as tolerated	AROM as tolerated				
ER	PROM as tolerated	AROM as tolerated				
IR	PROM as tolerated	AROM as tolerated				
IMMOB/SLING	All times 0-6 weeks, then wean	None				
P.T. visits/week	2-3	2-3	2-3	1-3	1-3	
EXERCISES	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"> PT visits/week may vary Individual exercise progression may vary No horizontal adduction for 8 weeks Return to sport/work by MD only. 	Any questions, please contact: Northwoods Therapy Associates Altoona, WI (715) 839-9266 Chippewa Falls, WI (715) 723-5060			Begin sport specific exercises after MD clearance	
May 2020						