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Sports, Revision Sports and Regenerative Sports Orthopaedic Surgeon
DNB Ortho (Mumbai), MNAMS (New Delhi), MBBS
AOSSM Sports Surgery Fellowship (California, USA),
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ACROMIOCLAVICULAR JOINT PHYSICAL THERAPY PRESCRIPTION

WEEKS 1-4:

Anti-inflammatory Modalities (Ice – 3-4x / day)
Range of motion exercises to tolerance in all planes Emphasize passive supine FF & ER for first 2 visits; incorporate IR, abduction, adduction
Codman's, pendulums, pulleys (after FF > 85°), cane- assisted ROM
INSTRUCT HOME PROGRAM – TO BE DONE 2X DAILY
Biceps / Triceps Isotonics / Elbow & Wrist motion exercises
Scapular Stabilization Exercises; Scapular Mobilizations
Anterior and Posterior capsular stretch after warm-up
Rotator cuff free weight exercises per shoulder impingement program beginning with weight of arm at 2 weeks from date of surgery

Goals: Full AROM at 4 weeks post-op with no pain. No inflammation
D/C shoulder sling per MD instructions after a minimum of 2 weeks

WEEKS 4-8:

Range of motion exercises all planes to tolerance (ABD, FF, ADD, ER, IR)
Continue upper extremity PRE's, scapular stabilization /strengthening exercises
IR / ER isotonic exercises below horizontal (emphasize eccentrics)
Biceps PRE's, shoulder & neck flexibility exercises, Modalities PRN >>> Ice – 3-4x / day
Increasing emphasis on rotator cuff and peri-scapular muscle strengthening
Rotator cuff free weight exercises per shoulder impingement program progressing up to 3 pounds (no heavier than 3 pounds)
Functional activities begin week 6 (ADLs, Sports)
Plyometrics