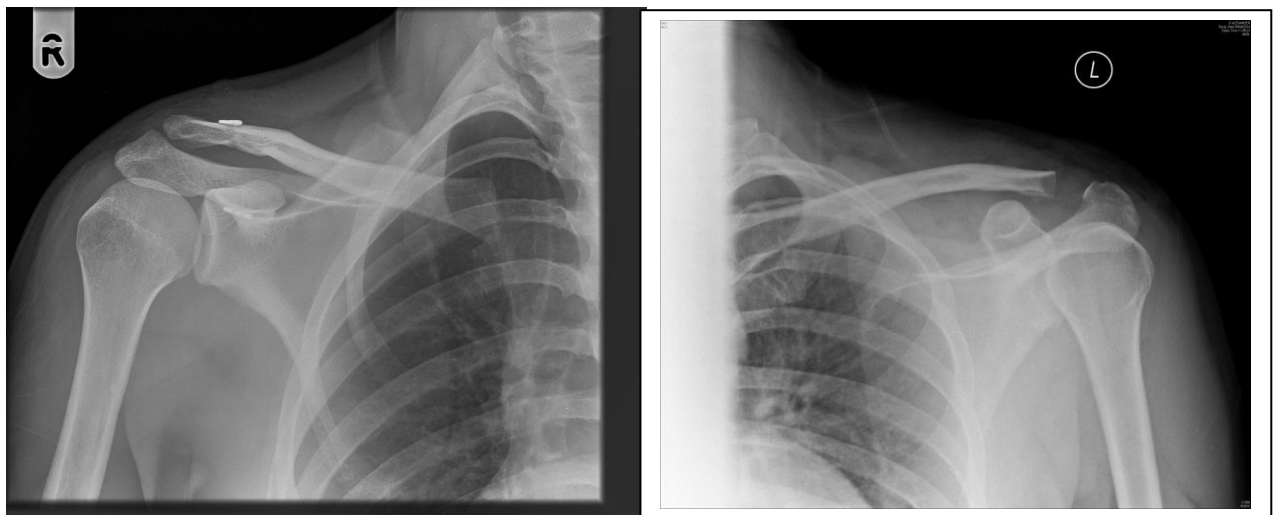


## Acromioclavicular joint (ACJ) reconstruction

### Therapist Information

ACJ reconstruction is used to repair chronic and acute acromioclavicular joint dislocation of Grades III – VI. Sometimes this is also the primary mode of fixation for lateral clavicle fractures associated with ligament ruptures where it works better than traditional plate and screw fixation.

The procedure most commonly involves substitution of torn coracoclavicular ligaments with synthetic ligaments like parachute technique using fibretape, Dog bone technique or tendon grafts. Most of these Procedures are based on similar principles and therefore a common postoperative protocol may be followed. Therapists are advised to check the operation note for any variance from the normal protocol.



### Post – op instructions

0 – 2 Weeks:

- Arm must be rested in a sling with NO movement of the shoulder.
- Teach elbow / wrist / finger AROM.

Rehab protocol by Dr Praveen Sarada, Consultant Orthopaedic Surgeon. Please call 7742089371, or visit [www.drSarada.in](http://www.drSarada.in) for further information and contact details

