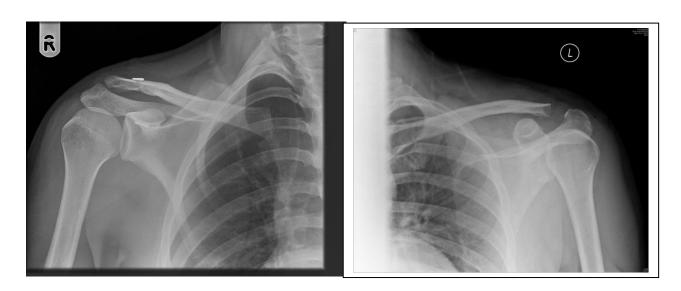


Acromioclavicular joint (ACJ) reconstruction

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 Sarda, Consultant Orthopaedic Surgeon. Please call 7742089371, or visit www.drsarda.in for further information and contact details



- Teach Axillary hygiene.
- No lifting anything heavier than a cup of tea.
- Ice management.
- Consultant FU and check X ray at 2 weeks

2-4 Weeks:

- Outpatient's physiotherapy appointment.
- Arm still to be rested in sling, only to be taken out for exercises.
- Teach pendulum exercises.
- Passive forward flexion upto 90, ER in neutral as tolerated. No Abduction.
- No heavy lifting.

4-6 Weeks:

- Return to light work duties (Admin/desk based).
- Begin to wean from sling.
- Passive ROM progressing to active assisted and active ROM as pain allows.
- Aim for above 90 degrees by 6 weeks.
- No heavy lifting.

6 weeks - 3 months:

- Aim for full range of movement.
- Begin strengthening exercises.
- Return to driving.
- Return to heavy work duties at 3 months.

RETURN TO FUNCTIONAL AND LEISURE ACTIVITIES:

•	Swimming - Breaststroke	6 weeks
	Freestyle	3 months
•	Driving	2-3 months
•	Gardening - Light tasks like weeding	6 weeks
•	Bowling	4-6 months
•	Contact sports	6 months
•	Racquet sports	4-6 months