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ACROMION ORIF REHABILITATION PROTOCOL

Phase	Restrictions	Therapeutic Exercises
<p>Phase 1: Weeks 0-6</p> <p>Goals: Reduce swelling and edema, minimize pain, retard muscle atrophy, protect the surgical repair, and avoid shoulder stiffness</p>	<ul style="list-style-type: none">-Sling at all times except for hygiene and physical therapy x6 weeks-No ACTIVE ROM until 6 weeks post-op-No lifting greater than 5lbs with the surgical limb x6 weeks-No stretching x6 weeks	<ul style="list-style-type: none">-Passive range of motion 0-60 degrees flexion and abduction, and external rotation 0-30 degrees until 2 week follow up appointment.-After 2 week follow up can increase passive motion from 0-90 degrees.-Unrestricted elbow, wrist, and hand range of motion and strengthening-Cervical stretching and range of motion-Pendulums-Scapular retractions-Modalities PRN
<p>Phase 2: Weeks 7-12</p> <p>Goals: Progress range of motion, minimize pain, retard muscle atrophy, protect the repair, and begin neuromuscular control</p>	<ul style="list-style-type: none">-Discontinue sling-No push-ups or pushing movements-No lifting weighted objects overhead or across the body-The patient must have full range of motion by 12 weeks in order to progress to the next phase	<ul style="list-style-type: none">-Increase range of motion in all planes by 15 degrees per week until full passive, active, and active assisted range of motion are achieved-Elevation in the scapular plane-Wall slides-Theraband exercises: Internal and external rotation, biceps curls, upright rows, serratus punches-Dynamic exercises: side lying external rotation, prone rows, prone extension, standing forward flexion to 90 degrees, prone I's, T's and Y's, Standing scaption, Isotonic biceps curls-Rhythmic stabilization-Proprioception exercises-Scapulohumeral rhythm exercises

<p>Phase 3: Weeks 13-18</p> <p>Goals: Full range of motion, minimal pain, improve power and endurance, increase neuromuscular control, dynamic stability, and scapular muscle strength</p>	<p>-Continue to avoid forceful pushing, pulling, and lifting overhead</p> <p>-Weight training may begin at week 16</p>	<p>-Full range of motion</p> <p>-Theraband exercises: Phase 2 + Diagonal ups and downs, abducted external and internal rotation to 90 degrees, PNF patterns</p> <p>-Dynamic exercises: Progressive resistance limit 5lbs, wall push-ups and push up progression to follow</p> <p>-Weight training (after week 16): machine resistance, biceps and triceps curls, front pull downs, seated rows, seated bench press</p>
<p>Phase 4: Weeks 19-28 and onward</p> <p>Goals: Progression of functional activities, advanced sport and recreational activity per surgeon</p>	<p>-Weight training precautions</p> <p>Criteria for Discharge:</p> <p>-<10% strength deficit</p> <p>-Limb similarity index of 90% or greater</p> <p>-45/50 on biomechanical functional tests (if performed)</p> <p>-NO pain or complaints of instability</p>	<p>-Progress closed kinetic chain program: Ball on the wall, push-ups on unstable surfaces at week 20</p> <p>-Plyometric exercises: rebounder throws, overhead wall dribbles, decelerations, loaded PNF patterns, wall dribble circles</p> <p>-Interval sports programs may begin with return to activity progression with resumption of regular training program at week 28</p>