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Rehabilitation Protocol

Non-operative Acromioclavicular Joint Separation

Phase I: Gradual ROM (*Injury to 2 weeks*)

- Ice encouraged for the first week at a minimum: should be used 3-4 times per day.
- Sling should be in place for 5-7 days when not performing exercises.
- Initiate exercise program 3 times per day:
 - Immediate elbow, forearm and hand range of motion out of sling
 - Passive and active assistive ER at the side to 30, flexion to 130
- No lifting with involved extremity.
- AVOID scapular ROM exercises.

Phase II: Progress ROM & Function (*2 to 6 weeks*)

- May discontinue sling.
- Advance active and passive ROM in all planes to tolerance.
- Lifting restriction of 5 pounds with the involved extremity until 4 weeks from injury
- Initiate gentle rotator cuff strengthening; progress to light resistive Theraband exercises.
- Initiate scapular AROM exercises.

Phase III: Full Function (*>6 weeks*)

- Discontinue all lifting restrictions.
- Advance rotator cuff and scapular stabilizer strengthening.
- Initiate functional progression to sports specific activities at 6-8 weeks.