



**REHABILITATION PROTOCOL:**

ACJ REPAIR / RECONSTRUCTION  
LATERAL CLAVICLE FRACTURE ORIF  
STERNOCLAVICULAR RECONSTRUCTION  
ORIF ACROMION

**Patient Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Sling:** To be worn for 6 weeks.  
0-2 weeks: Remove only for showering. Use disposable sling when showering.  
WEAR THE SLING AT ALL OTHER TIMES.  
2-6 weeks: Remove the sling or remove the neck strap when sitting and sleeping if desired.  
Support the weight of the arm on a table, cushion or pillow if out of sling.  
WEAR THE SLING AT ALL OTHER TIMES.

**Information for therapist:** Please avoid therapist controlled passive stretching.  
Please avoid pendular exercises.  
Please avoid pulleys until scapular control is demonstrated with no hitching.  
Please take care to avoid tight grip during pulley exercises.  
PLEASE CONTACT ME AT ANY TIME TO DISCUSS.

**0-2 weeks**

- Follow the 'Shoulder Rehabilitation 0-2 weeks protocol'.

**2-6 weeks**

- First post-operative visit at two weeks.
- Ice can be discontinued.
- Level 1 exercises
- Do not force or stretch.

**6-12 weeks**

- Second post-operative visit at six weeks. Please organize your X-rays before the visit.
- **Please complete your online outcomes scores prior to the visit.**
- Completely discard sling.
- Start Level 2 Exercises.
- Start Level 3 Scapular Positioning, Range of Motion and Early Strengthening Exercises.
- No lifting using affected arm >2kg during daily activity

**12 weeks – 6 months**

- The next post-operative visit is at 12 weeks. Please organize your X-rays before the visit.
- **Please complete your online outcomes scores prior to the visit.**
- Start Level 3 Advanced Strengthening exercises.
- Progress to Level 4 exercises

**6 months**

- The next post-operative visit is at 6 months. Please organize your X-rays before the visit.
- **Please complete your online outcomes scores prior to the visit.**
- Progress to Level 5 exercises.

**12 months**

- The next post-operative visit is at 12 months. Please organize your X-rays before the visit.
- **Please complete your online outcomes scores prior to the visit.**

**Milestones**

Work (light duties / office)	1-2	weeks
Swimming (breaststroke)	6-8	weeks
Driving	6-8	weeks
Work (manual)	3-6	months
Swimming (freestyle)	3-4	months
Golf	3-4	months
Contact Sports	6	months
90% of maximum improvement	6	months
100% of maximum improvement	12-24	months

**Patient Appointment Notes**

**2 Weeks**

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**6 Weeks**

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**12 Weeks**

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