



CONCORD ORTHOPAEDICS

A-C Separation Reconstruction / Weaver – Dunn Procedure

Rehab Protocol # 16
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INITIAL PHASE

- 6 weeks in shoulder immobilizer
- Elbow ROM out of sling 3 times per day for 5 – 10 minutes
- Scar massage/desensitization when appropriate

WEEKS 6 – 8:

- Isometrics for anterior/posterior deltoid (light)
- Begin ROM initially with arm adducted (internal/external rotation)
- Supine AAROM to 90
- Wean from immobilizer
- ADL's at counter level OK at this time

WEEKS 8 – 12:

- Theraband for RC and deltoid
- Progress slowly to PRE's
- AAROM to tolerance
- Can begin to push PROM
- Strengthening of scapular stabilizers important as well

IMPORTANT POINTS:

- Subacromial decompression not typically done, so that return of motion should not be as much of an issue as with rotator cuff surgery
- Immobilization designed to allow transferred C-A ligament to heal to the distal clavicle
- Patients should be advised that full recovery often takes 9- 12 months
- It is not unusual to see some **gradual** stretch of reconstruction with **some** recurrence of the deformity over time