

Dr. Stephanie Muh Protocol		
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AC fixation		
Sling Use	<ul style="list-style-type: none"> • Sling 4-6 weeks • No lifting greater 5lbs • No activity above shoulder level 	
Post-OP	Days 1-7	<ul style="list-style-type: none"> • Sling at all times – even while sleeping <ul style="list-style-type: none"> ○ Place pillow under shoulder/arm while sleeping for comfort • Hand squeezing exercises • Home pendulums, elbow, wrist, hand ROM • Ice packs • Goal → PAIN CONTROL
	Weeks - 1-4	<ul style="list-style-type: none"> • Pendulums to warm-up, and previous elbow, wrist, hand exercises • AAROM with wand <ul style="list-style-type: none"> ○ Flexion to 90 ○ Abduction to 60 ○ ER as tolerated • Gentle shoulder shrugs/scapular retraction without resistance • 1-2 finger isometrics x 6 (fist in box) • Stationary bike ok (MUST BE IN SLING) • Goal <ul style="list-style-type: none"> ○ Pain control ○ AAROM flexion 90, abduction 60 •
	Weeks 4-6	<ul style="list-style-type: none"> • Discontinue sling • Continue previous exercises • AAROM with wand <ul style="list-style-type: none"> ○ ER as tolerated ○ Flex and Abd as above ○ Full pendulum exercises • Light strengthening <ul style="list-style-type: none"> ○ Light theraband – ER/IR with pillow/towel under arm (flexion, extension, abduction, scaption to 60 degrees) ○ Standing row w/theraband ○ Biceps, supine triceps PRE with light weight ○ Treadmill – walking progression program • GOAL <ul style="list-style-type: none"> ○ AAROM abduction 60, flexion 90

	Week 6-8	<ul style="list-style-type: none"> • Previous exercises • AAROM – <ul style="list-style-type: none"> ○ Flexion to 90, abduction to 90 (supine wand) ○ ER and IR (wand behind back) as tolerated • Body blades • Elliptical trainer (LE ONLY) • Goals <ul style="list-style-type: none"> ○ AAROM flex/abd 90 degrees ○ Normal rotator cuff strength
	Week 8-10	<ul style="list-style-type: none"> • Previous exercises • AAROM – flexion/abduction → 120 (wand, pulley, wall climb) • AROM – flexion/abduction → 120 pain free • Prone scapular retraction exercises (light weight) • Ball on wall (arc, alphabet) • BAPS on hand • Push up plus against wall • UBE forward and backward at low resistance • Stairmaster ok • Pool walking/running (NO UE resistive exercises) • Goals <ul style="list-style-type: none"> ○ AROM flexion/abduction 120 degrees ○ 30 wall pushup
	Week 10-12	<ul style="list-style-type: none"> • Previous exercises • AAROM and AROM full ROM • PROM/mobilization as needed to regain FROM • Pushup progression – wall to table • Ball toss with arm at side • Treadmill – running progression program • Pool therapy – with UE resistance • Goal <ul style="list-style-type: none"> ○ Full AROM ○ 30 table pushup
	Months 3-4	<ul style="list-style-type: none"> • Previous exercises • Push up progression – table to chair • Ball toss overhead • Fitter on hands • Weight training with light weights • Goal <ul style="list-style-type: none"> ○ Run 2 miles at easy pace ○ 30 chair pushup

	<p>Months 4-6</p>	<ul style="list-style-type: none"> • Previous exercises • Regular pushups • Situps • Swimming • Running progression • Progressive weight training • Transition to home/gym program • Goal <ul style="list-style-type: none"> ○ Return to all activities
<p>Return to activities</p>	<p>Immediately – computer, eating, holding a book at waist, typing, writing 10-12 months – contact sports</p>	

SHOULDER POST-OP PHASE I

Perform exercises below frequently: 30 reps, 3 – 5x a day

Grip Squeeze



Elbow active range of motion



Pendulum



Shoulder Shrugs



Ice x 10-15min 2-3 x per day

