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Physiotherapy protocol: ACJ Stabilisation

Weeks 0-6:

- Patient to remain in sling for 6 weeks
- Elbow ROM, wrist ROM, grip strengthening
- True shoulder PROM only as the delto-trapezial repair needs to heal back to the bone
- Shoulder ROM goals: 100° FE, 20° ER at side; ABD max 60-80° without rotation
- No resisted shoulder motion until 6 weeks post-op
- Scapular setting exercises
- Heat before exercises and ice after.

Weeks 6-12:

- Proceed to passive ROM exercises to re-establish a FROM
- Once full range regained proceed to AAROM → AROM as tolerated
- Goals: re-establish full range of movement with 160 FE, 30 ER increasing as tolerated
- Light passive stretching at end ranges

Months 3-6:

- Advance strengthening as tolerated: isometrics → bands → light weights (1-5 lbs); 8-12 reps/2-3
- Be careful not to overdue strengthening as this could jeopardise stability
- No significant lifting or collision sports until 6 months

Comments: