

PRAKRUTI SPORTS SCIENCE & PHYSIOTHERAPY CLINIC

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ARTHROSCOPIC ACROMIOPLASTY PROTOCOL

Arthroscopic Acromioclavicular (AC) Joint Excision
Arthroscopic Partial Thickness Rotator Cuff Debridement

0-1 Week Sling worn for comfort

1. Pendulum exercises 3x/day minimum (From 3rd Day of the surgery)
2. Elbow and wrist AROM 3x/day minimum (From the Day of the surgery)
3. Ice: days 1-2 as much as possible, then post activity or for pain (After the dressing is removed)

1-2 Weeks ADL's (activities of daily living) within pain tolerance, avoiding impingement

1. Passive range of motion (PROM) and active-assisted range of motion (AAROM) (**Stick, pulley**) within pain tolerance
2. Sub-maximal isometrics for shoulder muscles
3. Postural awareness education

2-6 Weeks Progress PROM and AROM as tolerated

Joint mobilization for scapula and glenohumeral (posterior capsular stretching)

Strengthening exercises for scapula stabilizers and rotator cuff

- Theratube Exercises
- Swiss Ball exercises
- Light dumbbells

Emphasis of strengthening on high reps and low weight, with postural awareness

Goal: Involved shoulder AROM grossly within normal limits by 6 weeks without

6-12 Weeks Progress to independent strengthening program.

GYMNASIUM:

Do's :

- Bench Press / Peck Deck
- Rows
- Lat Pull Down
- Close Grip Front Pull down
- Biceps / Triceps Close Arm

Don't's :

- Abduction with free weights
- Wide grip Pull Ups
- Reverse Dips
- Overhead weights

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