



MATTHEW WERT, M.D.
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POST OPERATIVE INSTRUCTIONS- AC JOINT RECONSTRUCTION

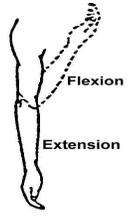
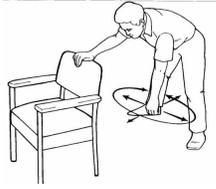
Dressing: After surgery, a dressing will be placed on your shoulder. You may remove the dressing 48 hours after surgery. It is normal to have a moderate amount of blood-tinted drainage on the dressing. If you need to remove the dressing earlier, keep the steri-strip bandages in place and recover the steri-strips with band-aides. Make every effort to keep the incision clean and dry for one week after surgery.

Ice: You should apply ice packs to your shoulder often in the few days just after your surgery. This will decrease both pain and swelling. You may use store bought ice packs or simple zip-lock bags with ice, but place a washcloth or towel between the icepack and dressing to help keep it dry. Use the ice packs for 15-20 minutes at a time every 2-3 hours.

Showering: You may shower by covering the shoulder with saran wrap or with a plastic bag by taping it securely to the top to prevent moisture from soaking the bandages or wounds. Never allow your incision to get wet as this may predispose you to developing an infection. You may get the incision completely wet in 20 days.

Medication: Although you have a prescription for strong pain medication, many patients are able to handle the discomfort post operatively with a milder pain medication such as extra strength Tylenol. We prefer that you avoid aspirin containing medications in the immediate post operative period as these can increase the tendency for bleeding, unless you are prescribed these for another medical condition.

Exercise: You will be started in a physical therapy program prescribed by Dr. Wert. Until your follow up appointment the only exercise at home that should be done are pendulum exercises and elbow range of motion as not to get any stiffness in the shoulder or elbow. (3 x per day for 20 REPs)





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PHYSICAL THERAPY PROTOCOL - AC JOINT RECONSTRUCTION

PHASE 1- WEEKS 0-6

- Sling for 6 weeks
- Supine PROM, AAROM

PHASE 2- WEEKS 6-12

- Progressive Isometric----→ Isotonics
- Scapular Stabilizers

PHASE 3- WEEKS 12-16

- Weight Training

RETURN TO CONTACT SPORTS AT 6 MONTHS