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Integrated Orthopaedic Management

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Dr Kumar Arthro Acromioplasty/ACJ Protocol

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Prehab (STAGE 0)

- scapulothoracic retraining
- cuff strengthening
- full ROM (if weakness due to cuff tear, aim for full passive ROM)
- monitor for adhesive capsulitis (if concerns, contact Dr Kumar)

0-2 weeks (STAGE 1)

- discard sling Day 1 (may use as tolerated if pain dictates)
- full AROM
- scapulothoracic retraining and humeral head positioning exercises
- pendular exercises
- grip strength exercises
- elbow and wrist AROM

2 weeks-3 months (STAGE 2)

- progress strengthening and dynamic upper limb activity
- reintegrate sport-specific activity and manual labour

3+ months (STAGE 3)

- phase of return to pre-injury level of function
- patient to continue independent rehab for 6 months

Timing of Dr Kumar's Post-Operative Appointments

- **2 weeks (Clinical Nurse Specialist)**
- **8 months**
- **16 weeks (if required)**

If you have any concerns during prehab/rehab please contact Dr Kumar directly for assistance or more urgent follow-up.