DELAWARE ORTHOPAEDIC SPECIALISTS

AC Joint Reconstruction Discharge Instructions

Diet: Start out with liquids and progress to your regular diet as you tolerate.

Activity: Do not perform any strenuous activity until cleared by your DOS Doctor. You must wear your sling at all times.

Pain Medication: You will be given a prescription for narcotic pain medicine before you leave the surgical facility. Take this medicine for severe pain only. Only take one pill every four hours. If your pain is not relieved by one pill, you may take two pills at your next dose. You may also use Advil/Motrin, an over the counter medication if you choose. Any activity that requires precise thinking and accuracy must be avoided while on narcotics after surgery, which includes operating machinery and/or driving a vehicle.

Ice: Ice is an excellent source of pain relief, swelling, stiffness and inflammation. Use it for a 20 minute duration a few times per day. The ice pack should never be placed directly on the skin. It can be used for several weeks as needed.

Return Visit: Your post-op appointment with your Doctor has been scheduled and is listed in the paperwork that you should have received in the mail and on your discharge packet. If you need to change the date and/or time, please call (302) 655-9494.

Emergency or Problems: DOS staff is available 24 hours a day in case you experience any problems once you leave the surgical facility. After hours, please call (302) 655-9494 for the assistance of an on call Doctor

Wound Care: Your incision is closed with sutures or steri-strips. It will usually drain or leak after you have returned home. Do not become alarmed unless you consider the volume or color of the drainage to be excessive. Starting on the second post operative day, you may remove all outer bandaging – please keep steri-strips in place. You must use waterproof bandages when showering to keep incisions dry. If steri-strips fall off, please cover with a bandaid.

Showering: You should never take a bath, use a hot tub, or go swimming until instructed to do so. You may shower only if you keep the incision completely dry. Waterproof dressing can be purchased at your local pharmacy. (ie Tegaderm)

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Suture Removal: Your sutures or staples will be removed at 10 days to 2 weeks after your procedure.

Surgery Supply Info

Upper Extremity Surgery

- Be prepared that you may not be able to lift your arm up to wash you face or hair for a period of time
- A place to sleep comfortable, as sleeping when lying down may be uncomfortable (use of a recliner)
- Waterproof bandages (Tegaderm) to cover wound when showering. They can be found at your local pharmacy.
- Extra ice pack (one (1) pound bag of peas or corn works great.) Ice pack should not be placed directly on skin.
- A means of transportation, you may be limited from driving for a period of time. Due to multiple reasons, not able to drive while on Narcotics, no use of arm to drive safely, etc…
- Stress ball to work on gripping exercises post surgery

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Dr. Palma
AC Joint Reconstruction
Discharge Summary

Phase I Week 0 -2
- Limited ROM
- NO lifting greater than 1 lb
- Passive ROM as per rehab sheet given at time of surgery
- Isometric exercise per rehab sheet

Phase II Weeks 3-8
- Start Scar Massage!!
- No shoulder flexion till week 4
- Start AAROM with bar
- Start light resistance per rehab sheet
- No resistance above shoulder height

Phase III Week 8-16
Should not enter into Phase III till the following 3 occur
1. Full ROM
2. No pain or tenderness
3. Strength 70%

- Re-gain full strength
- Continue to maintain ROM
- Regain Scapular strengthening

Phase IV Week 16>
Return to full activities with no restrictions once cleared by MD and have regained Strength and ROM

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Post OP A/C repair/reconstruction ROM exercises

CRADLE ROCKING

Hold arms in front of body, cradling the injured arm with good arm. Gently rock arms back and forth using the good arm. Hold for 5 sec. Perform 15 times. Repeat 2 times per day.



SHOULDER SHRUG WITH ROLL

Raise shoulders upward towards ears, then roll backwards and around as far as you can. Motion simulates a drawing of a backwards "D". Then return back to starting position. Perform 15 times. Repeat 2 times per day



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PASSIVE SHOULDER FLEXION

Lie on your back. Grab wrist of the injured arm with the hand of your good arm. Gently raise arm upward and in front, through range of motion. DO NOT let your elbow bend. Slowly, return to the starting position and repeat. Hold for 10 seconds and perform 10 times. Repeat 2 times per day.

*Can also use a stick, bat, or golf club to perform (hold in both hands)



SHOULDER STRETCH SIDEWAYS

Sit with side next to table, place forearm on table with palm up as shown. Gently side bend at waist, moving hips away form table and chest toward the table. Hold for 10 seconds and perform 10 times. Repeat 2 times per day.

*Do not force past comfort range – only pull until you feel a slight stretch along the arm.



Shoulder Flexion Stretch with Trunk Bending

Sit at table, with table in front of you. Place arm on table with elbow straight, slowly bend trunk downward. Your arm will slide forward on table should feel stretch in shoulder. Hold for 10 seconds and perform 10 times. Repeat 2 times per day.

*Do not force past comfort range – only pull until you feel a slight stretch along the arm.

*Can place a towel under the hand to help slide.

