

REHABILITATION GUIDELINES  
WEAVER DUNN

(For AC separation, transfer of coracoacromial ligament to distal clavicle)

## 1 WEEK POST-OP

DOS:

- Protection in immobilizer or sling
- Patient out of immobilization for elbow, wrist and hand exercises
- Putty exercises
- May begin gentle Codman's exercises
- May begin bicep/triceps isometrics
- May begin PROM to pt. tolerance

## 2 WEEKS POST-OP

DATE:

- Continue sling
- Continue Codman's exercises
- Continue PROM
- May add light weight to hand and wrist
- May do weighted elbow exercises if supported
- May begin AAROM

## 3 WEEKS POST-OP

DATE:

- Continue AAROM and PROM in comfort range
- May begin AROM

## 4 WEEKS POST-OP

DATE:

- May discontinue sling
- Continue AAROM and PROM

## 5 WEEKS POST-OP

DATE:

- Continue progressing as in week 4 within comfort range
- May begin PRE strengthening program

## 6 WEEKS POST-OP

DATE:

- Continue PRE strengthening program



- \* May utilize ice throughout rehab program
- \* NO shoulder weighting for 5-6 weeks