

# Modified Weaver Dunn procedure for acromioclavicular stabilization.

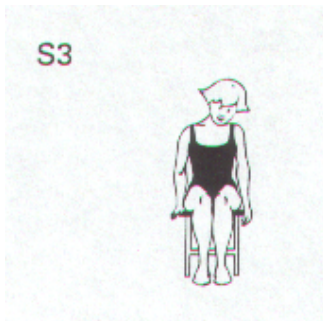
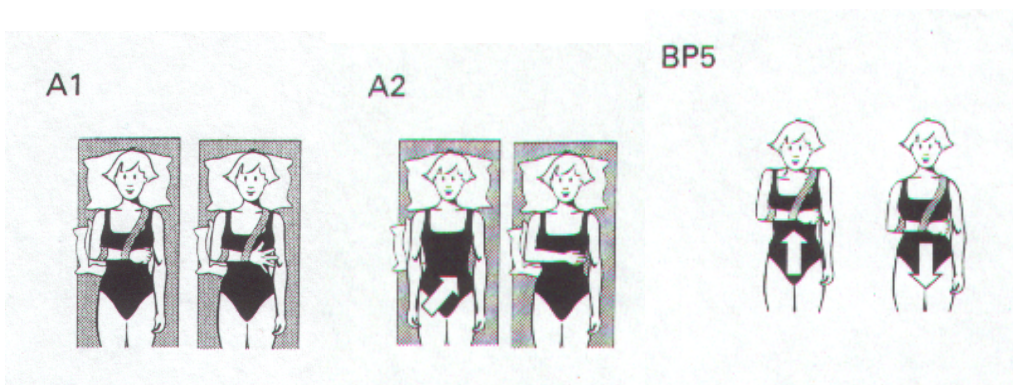
## **Preoperative stage**

Exercises to be done 3 times a day 8-10 times each

The immobiliser is worn for 4 weeks

Day 1:

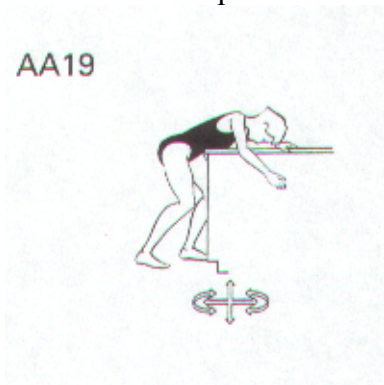
- Apply localised ice f(or first 3 days),
- Sling/collar and cuff for immediate post operative period.
- Hand pumping and flexion extension of the elbow with sling undone.
- Shoulder mobilization in scapular elevation and depression, shoulder protraction and retraction with the collar and cuff on.
- Auto/self stretching trapezius.



## **Day 2 – 3 weeks:**

In conjunction with the previous exercises.

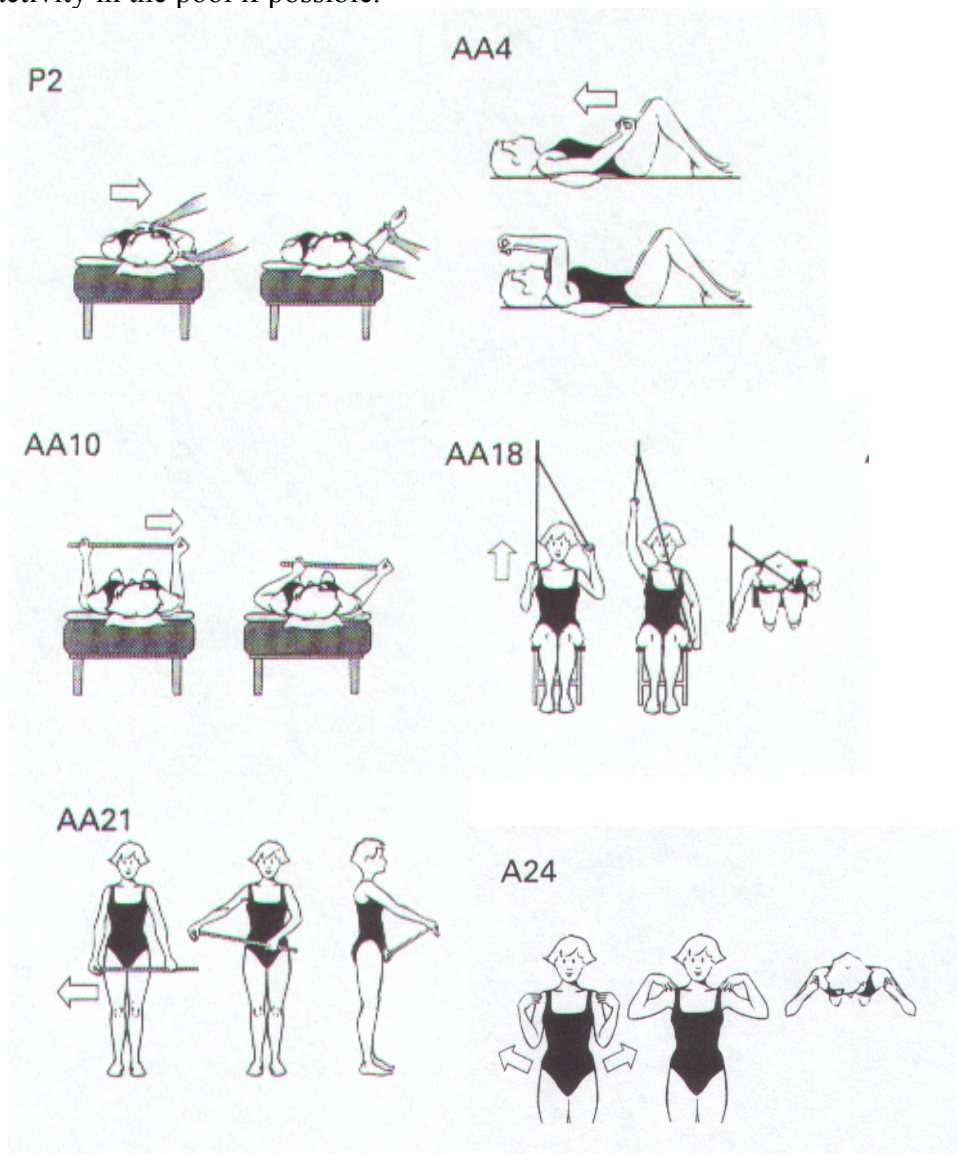
- Codman pendular exercises as pain allows.



## **4 weeks:**

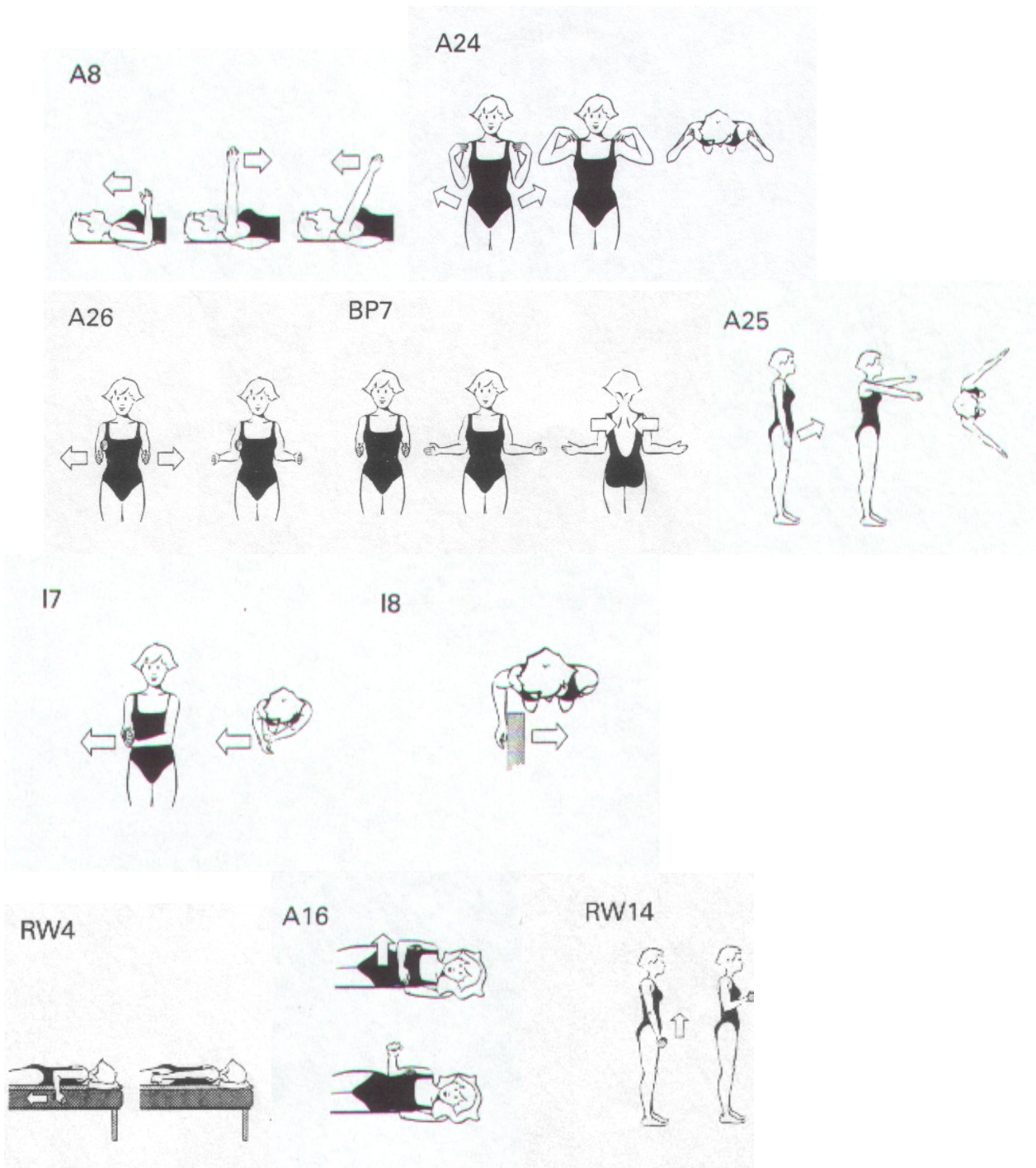
- Passive abduction exercises (30 – 70 degrees).

- Manual scapular mobilisation exercises and periscapular massage.
- Assisted mobilisation exercises with pulleys and sticks, limiting flexion to 90 degrees and external rotation to 30 degrees as much as tolerated.
- Same activity in the pool if possible.



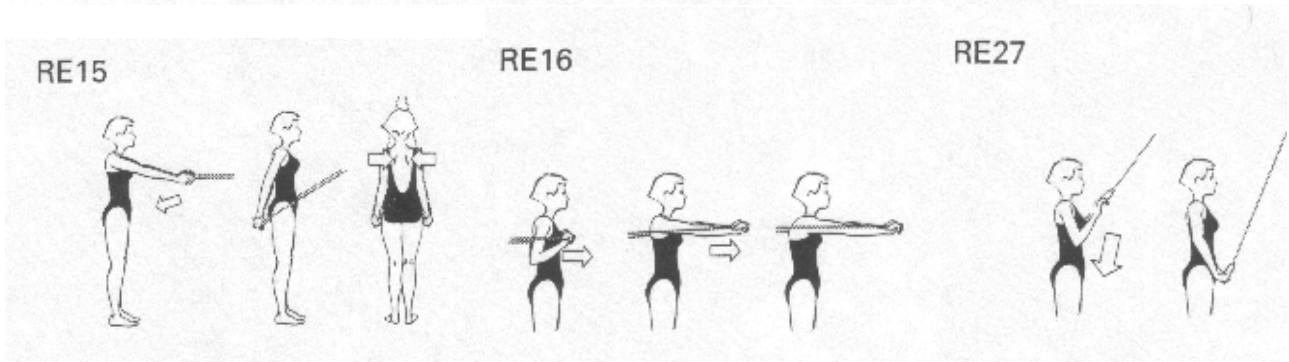
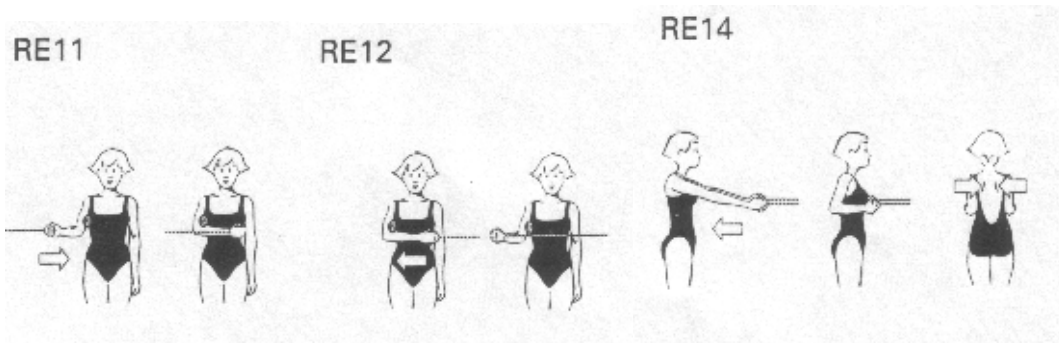
### **6 – 10 weeks:**

- Active mobilisation exercises gradually progressing through entire range of movement.
- Isometric strengthening exercises in internal and external rotation at 0 and 90 degrees of abduction.
- Eccentric and isotonic strengthening exercises in the same direction.
- Strengthening exercises for biceps and triceps.



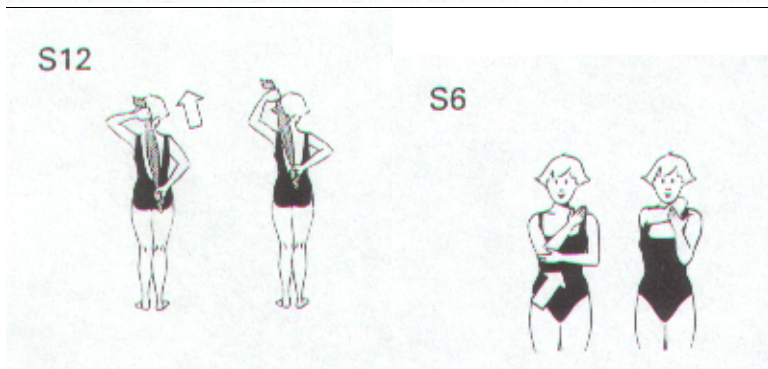
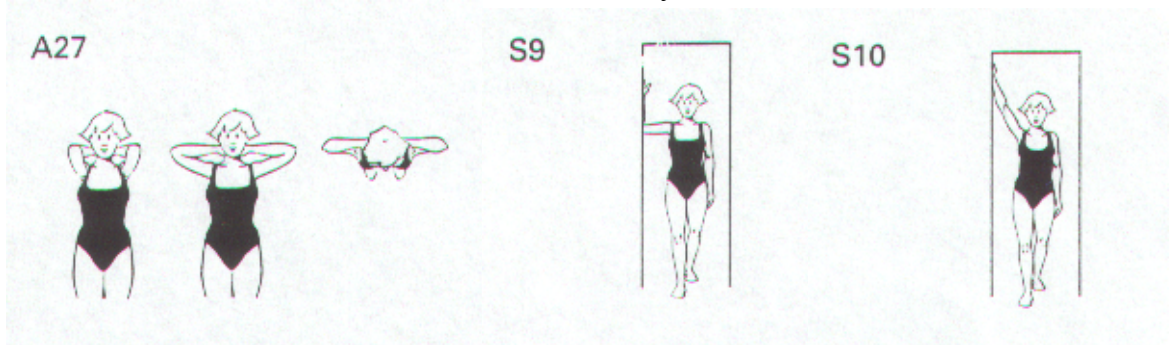
**10 -14 weeks:**

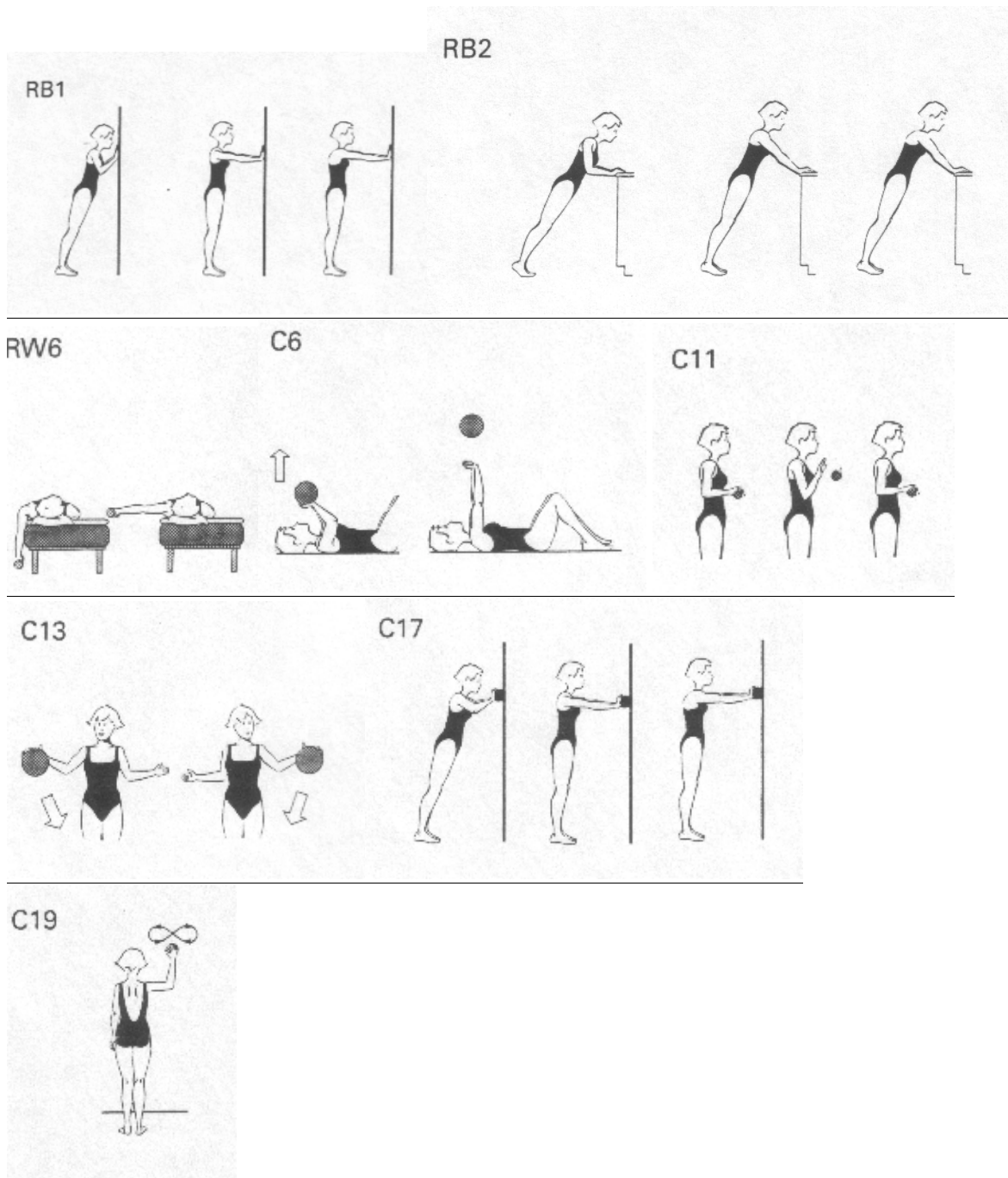
- Strengthening exercises with resistance bands for external rotation at various degrees of abduction and of surrounding periscapular exercises.
- Deltoid strengthening only after external rotators are significantly strengthened.
- Exercises to recover range of movement in the pool if possible.



**15 – 24 weeks:**

- Self stretching exercises starting with external rotators progressing to other muscle groups, avoiding forced movement at end of range elevation and abduction.
- Progress strengthening exercises with resistance bands and weights for stabilisation muscles and scapula depressors, focussing on anterior deltoid, middle and inferior trapezius.
- Favour muscular resistance exercises, increasing number of reps and decreasing weight used.
- Symmetrical and asymmetrical scapulo-humeral rhythm co-ordination exercises





**24 weeks onwards:**

Plyometric exercises (bouncing balls, elastic rods)  
 Return to normal daily activity and sport.

**Avoid sporting activity for at least 6 months after surgery.**

During treatment period avoid forced elevation or abduction that could irritate the impingement area and forced internal rotation for the first 6 weeks. It is best to avoid using weights outside of the scapular plane for the first 4 months after the operation until the rotator cuff muscles are significantly strengthened.

Clinic appointments scheduled at 1 week (physiotherapist), 3 weeks, 3 months with X-rays of the shoulder and ACJ, 6 months and sometime 1 year with X-rays following the operation.