



Charlotte Shoulder Institute

Patient Centered. Research Driven. Outcome Maximized.

James R. Romanowski, M.D.

Novant Health Perry & Cook Orthopedics and Sports Medicine
2826 Randolph Rd.
Charlotte, NC 28211
704-358-0308 (Office)
704-358-0037 (Fax)
www.charlotteshoulder.com

DISCHARGE INSTRUCTIONS & PHYSICAL THERAPY INSTRUCTIONS FOR ANATOMIC CORACOCLAVICULAR RECONSTRUCTION (ACCR) REHABILITATION PROGRAM

Initial recovery after shoulder surgery entails healing, controlling swelling and discomfort and regaining some shoulder motion. The following instructions are intended as a guide to help you achieve these goals until your 1st postoperative visit.

A. Comfort:

Although surgery uses small incisions around the shoulder joint, swelling and discomfort can be present. To minimize discomfort, please do the following:

1. **Ice-** Ice controls swelling and discomfort by slowing down the circulation in your shoulder. Place crushed ice in cloth covered plastic bag over your shoulder for no more than 20 minutes, 3 times a day.
2. **Pain Medication-** Take medications as prescribed, but only as often as necessary. Avoid alcohol and driving if you are taking pain medication.
3. **Sling-** A sling has been provided for your comfort and should be worn as described below.
4. **Driving** – Driving is NOT permitted as long as the sling is necessary.

B. Activities:

1. You are immobilized with a sling and abductor pillow, full time, for approximately 6-8 weeks. Dr. Romanowski will tell you when you can discontinue use of the sling at your 1st postoperative visit. The sling may be removed for exercises and for hygiene.

2. Your sling may be removed for gentle PASSIVE range-of-motion (PROM) exercises. (SOMEONE ELSE MOVES YOUR SHOULDER). This should be done 3x a day /15 repetitions (ABDUCTION ONLY – away from your body).
3. Active range-of motion (AROM – you move your shoulder) should be performed for shoulder internal/external rotation. Keep elbow positioned at the side and flexed at 90° so forearm is parallel to the floor. This should be done within a comfortable range until you feel slight pain (3x a day for 15 repetitions). You can shrug your shoulders.
4. While your sling is off you should flex and extend your elbow and wrist – (3x a day for 15 repetitions) to avoid elbow stiffness.
5. Handball squeezes should be done in the sling (3x a day for 15 squeezes).
6. You may NOT move your shoulder by yourself in certain directions. NO active flexion (lifting arm up) or abduction (lifting arm away from body) until Dr. Romanowski or your therapist gives permission. These exercises must be done by someone else (Passive Range of Motion).
7. Physical therapy will begin approximately 3-4 weeks after surgery. Make an appointment with a therapist of your choice for this period of time. You will be given a prescription and instructions for therapy at your 1st post op or 1 month visit. Please take these with you to your first therapy visit.
8. Athletic activities such as throwing, lifting, swimming, bicycling, jogging, running, and stop-and-go sports should be avoided until cleared by Dr. Romanowski.

C. Wound Care:

1. Keep the dressing on, clean and dry until your 1 week post op follow up appointment.
2. Should your dressing come off, you may apply band-aids to the small incisions around your shoulder.
3. You may shower the first day after surgery with the dressings in place.
4. Bathing, swimming, and soaking should be avoided for two weeks after your surgery.

D. Eating:

Your first few meals after surgery should include light, easily digestible foods and plenty of liquids, as some people experience slight nausea as a temporary reaction to anesthesia.

C. Call your physician if:

1. Pain persists or worsens in the first few days after surgery.
2. Excessive redness or drainage of cloudy or bloody material from the wounds. (Clear red tinted fluid and some mild drainage should be expected). Drainage of any kind 5 days after surgery should be reported to the doctor.
3. Temperature elevation greater than 101°.
4. Pain, swelling, or redness in your arm or hand.
5. Numbness or weakness in your arm or hand.
6. Chest pain or difficulty breathing.

D. Return to the office

Your first return to the office should be within the first 1-2 weeks after your surgery. Call Dr. Romanowski's office to make your first postoperative appointment.

ANATOMIC CORACOCLAVICULAR RECONSTRUCTION (ACCR) REHABILITATION PROGRAM

- **SLING:** 8 Weeks in sling with 30 degree abduction pillow and support under elbow to keep repair without stress

 - **0 to 6 Weeks:**
PROM: ER in the plane of scapula, forward elevation (FE) to 90°
Avoid – Any position or motion that causes accessory movement of the scapula (IR, elevation past 90°, and horizontal adduction)

 - **6 to 12 Weeks:**
PROM: FE past 90° as tolerated and IR in the plane of the scapula **supervised** to prevent any accessory motion of the scapula (no IR towel stretching)
AAROM: ER as tolerated FE to 90°
ISOMETERICS: Initiated at 10 weeks
Avoid – towel IR stretching (stressful to reconstruction), horizontal abduction

 - **12 Weeks and Beyond:**
AROM: gradually progression of FE in the plane of the scapula as tolerated – initiate IR towel stretching
- Resistive Exercise:** Theraband exercise to rotator cuff and parascapular musculature.