


**Orthopaedic and Sports Injuries Services "OASIS"**

**Munawar Shah FRCS, FRCS Tr & Orth**

Consultant Trauma & Orthopaedic Surgeon

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Little Aston Spire Hospital  
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## **ACJ Stabalisation Protocol.**

### **Day 1 - 3 weeks**

Master sling with body belt fitted in theatre for 3 weeks  
 Finger, wrist and elbow movements  
 Posture correction / scapula setting  
 Passive external rotation in neutral as comfortable with the elbow supported  
 Passive flexion to 90 with forearm supported

### **3 Weeks**

Remove body belt.

### **3 - 6 Weeks**

Progress from levels 1 - 2 exercises  
 Wean off sling  
 Active flexion to 90 degrees  
 Active assisted abduction in the scapular plane to 60 degrees (maintaining scapula neutral position)  
 Correct abnormal movement patterns  
 Start isometric rotator cuff strengthening with the forearm supported (30% of maximum)

### **6-12 Weeks**

Progress from levels 2 - 3 exercises  
 Progress dynamic scapular control exercises  
 Progress active exercise through full ROM  
 Progress rotator cuff and deltoid strengthening  
 Ensure scapula dynamic control through full ROM  
 Start proprioceptive weight-bearing exercises

## Milestones

<b>6 Weeks</b>	<b>Active assisted flexion to 90 degrees</b>
<b>12 Weeks</b>	<b>Full functional ROM with dynamic stability</b>

**Any acute loss of active movement should be referred to the next clinic**

If you are interested in making an appointment to discuss a treatment,  
call us on telephone 01215807406

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