

Acromial Fracture Open Reduction Internal Fixation Rehabilitation Protocol

Phase	Goals	Precautions / Restrictions	Treatment
Weeks 0 – 3	<ul style="list-style-type: none"> Protect surgical site + repair Emphasize P.R.I.C.E. 	<ul style="list-style-type: none"> PATIENT IS TO HAVE NO THERAPY TO SHOULDER DURING THIS TIME. 	<ul style="list-style-type: none"> Elbow / wrist / hand – FULL PROM/AAROM/AROM Initial visit – FOTO PRO, QuickDASH
Weeks 3 – 6	<ul style="list-style-type: none"> Protect surgical site and fracture repair Decrease pain + Inflammation 	<ul style="list-style-type: none"> No Active Shoulder ROM No lifting of any object Week 6 – Wean out of the sling 	<ul style="list-style-type: none"> Introduce pendulum / Codman exercises Pain free shoulder Passive ROM with limits: <u>Forward elevation to 90° + External Rotation to 20°</u>
Weeks 6 – 12	<ul style="list-style-type: none"> Maintain integrity of repair Progressively increase Passive ROM → AA ROM with the below week 12 goals <ul style="list-style-type: none"> FE 90° - 120° ER 0 - 45° Improve muscle activation, motor control, and strength Teach HEP (1 x per day) 	<ul style="list-style-type: none"> Discontinue sling at week 6 Avoid forcing end range motion in any direction to prevent dislocation No weight bearing through the involved shoulder Biceps curls – 2 lb. limit <ul style="list-style-type: none"> No Deltoid or RC strengthening 	<ul style="list-style-type: none"> Progress pain free shoulder range of motion: <ul style="list-style-type: none"> PROM → AAROM → AROM Initiate scapular stability exercise Initiate shoulder isometrics (FE + ER ONLY): <ul style="list-style-type: none"> No IR, may begin IR isometrics at week 12 Modalities PRN including cardiovascular endurance <ul style="list-style-type: none"> NO UPPER BODY ERGOMETER Week 6: QuickDASH, FOTO PRO
Weeks 12 – 16 (Months 3 – 4)	<ul style="list-style-type: none"> Full Pain Free Active ROM to patient’s natural limit <ul style="list-style-type: none"> Lightly stretch but do not force overhead motion → Patient may have limited final overhead motion due to altered biomechanics Increase functional activity 	<ul style="list-style-type: none"> End range stretching gently w/o forceful overpressure in all planes (FE / ER in scapular plane, functional IR) Increase scapular strengthening and stabilization starting with a 3 lb. → 5 lb. → 10 lb. max lifting restriction 	<ul style="list-style-type: none"> Initiate pain free Rotator Cuff isotonic as able Add light hand weights for deltoid up to and not to exceed 3 lbs. for anterior and posterior deltoid with long arm lift against gravity <ul style="list-style-type: none"> Elbow bent to 90° for abduction in scapular plane Continue with cardiovascular endurance and core Modalities PRN – NO UPPER BODY ERGOMETER Week 12 – QuickDASH, FOTO PRO
Weeks 16 – 24 (Months 4 – 6)	<ul style="list-style-type: none"> Maintain pain free ROM Improve strength and endurance of RTC and scapular stabilizers 	<ul style="list-style-type: none"> No heavy pushing or overhead sports For recreational lifters, may slowly advance from 10 lb. restriction to 20 lbs. NO UPPER BODY ERGOMETER 	<ul style="list-style-type: none"> Week 16 – Continue Active Range of Motion <ul style="list-style-type: none"> FOTO, QuickDASH Advancement to isotonic exercise per tolerance in all planes, including multiplane exercises as long as: <ul style="list-style-type: none"> Isometrics are progressing No compensations during exercise performance
Weeks 24 + (Month 6+)	<ul style="list-style-type: none"> Focus on form and control during exercise performance Initiate return to sport progression and higher-level impact activity 	<ul style="list-style-type: none"> Modify work, recreational or functional activity as necessary Progress up to 25 lb. operative arm maximum lifetime recreational lifting restriction NO UPPER BODY ERGOMETER 	<ul style="list-style-type: none"> Continue with strength of total UE and scapular stabilizers being mindful of individual limitations Low level sport specific activity, progressing to higher demand activity Continue with Anaerobic + Aerobic interval training Week 24 – QuickDASH, FOTO, HHD / Isokinetics

This protocol is not meant to be prescriptive but a recommendation to guide the rehabilitation process.

Each patient’s progress may vary based on specifics of their injury and procedure.

