

Acromioclavicular joint stabilisation (Weaver Dunn)

Day 1:

Polysling with body belt fitted in theatre for 3 weeks

Finger, wrist and elbow movements

Week 3+:

Remove body belt.

Posture correction / scapula setting

Week 6+:

Wean off sling

Active flexion to 90 degrees

Active abduction in the scapular plane to 60 degrees

Correct abnormal movement patterns

Start isometric rotator cuff strengthening

Week 9 – 12:

- Progress dynamic scapular control exercises
- Progress active exercise through full ROM
- Progress rotator cuff and deltoid strengthening

Ensure scapula dynamic control through full ROM

Return to functional activities

Driving After 8 weeks

Swimming Breaststroke: 8 weeks

Golf 3 Months

Lifting Light lifting can begin at 12 weeks. Avoid lifting heavy items for 6 months.

Return to work Sedentary job: 6 weeks

 Manual job: 3 months

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