

PHYSIOTHERAPY FOLLOWING ACJ STABILISATION – WEAVER DUNN

Mr Roy protocol for WEAVER DUNN PROCEDURE

Performed for disrupted or unstable ACJ.

TIME FRAME	POST OP GUIDELINES
Day 1 post-op	<ul style="list-style-type: none"> • Sling with body belt fitted in theatre for 3 weeks. • Finger, wrist and elbow movements only • Posture correction / scapula setting.
3-6 weeks post surgery	<ul style="list-style-type: none"> • Remove body belt and wean off sling over next 3-6weeks. • Active assisted ROM in all directions in painfree range, limit abduction to 60 degrees and flexion to 90 degrees. • Start isometric rotator cuff strengthening with the forearm supported (30% of maximum)
6-12 weeks post-op	<ul style="list-style-type: none"> • Progress to active exercise through full ROM • Correct abnormal movement patterns • Progress dynamic scapular control exercises • Progress rotator cuff and deltoid strengthening • Ensure scapula dynamic control through full ROM • Start proprioceptive weight-bearing exercises • Should achieve full functional ROM with dynamic stability by 12 weeks.

Returning to Activities

Activity	Number of weeks post surgery
Work	Sedentary job 3 weeks Manual job consult with Surgeon
Driving	6-8 weeks
Swimming	Breaststroke 12 weeks Freestyle 12 weeks
Lifting	Avoid heavy lifting for 3 months
Racquet Sports / Golf	From 12 weeks
Contact Sports	Check with Surgeon, usually 6 months

Date: June 2009 Review Date: June 2011
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