



Michael G. McNamara, MD
 Kevin C. Paisley, DO
 Jason R. Gray, MD

Robert R. Thomas, PA-C
 Jennifer A. Fayette, PA-C
 David P. Wonchala, PA-C

4015 Lake Otis Parkway, Suite 201 Anchorage, AK 99508 • Phone 907-771-3500 • Fax 907-771-3550 • www.akhanddoc.com

***AC Arthritis Mumford Procedure Post Operative Rehabilitation Protocol**

Following Surgery:

- Expect a surgical bulky dressing and arm sling to be worn as needed.
- Use cryocuff or ice shoulder 3-5 times per day for 15 minute intervals until your next clinic visit.
- Maintain upright shoulder positioning at all times.
- You may remove the bulky dressing in 3 days, may shower at that time, no soaking.
- Take your pain medicine as needed and as prescribed. Call if any problems or questions arise.

Precautions:

- Watch for signs of infection and call immediately if these signs develop:
 - Fever higher than 100°F, shortness of breath, or feel very sick.
 - Warmth, redness, and/or increased drainage coming from your incision site.
- Watch for signs of blood clots and go to the ER immediately if these signs develop:
 - Excessive increase in swelling, hardness, pain, or redness in forearm or calf.
- Avoid excessive reaching and external/internal rotation until 6 weeks post op.
- Avoid heavy lifting activities for 4-6 weeks.

10-14 Days Post Op (at therapy) :

- Follow up appointment in clinic with MD/PA
- Sutures will be removed.
- Initiate progressive home exercise program with Range of Motion (ROM) and strengthening exercises including:
 - Pendulum exercises.
 - Theraband exercises for triceps/biceps.
 - Isometric rotator cuff internal and external rotations with arm at side.
 - Isometric shoulder abduction, adduction, extension and flexion with arm at side.

6 Weeks Post Op:

- Follow up appointment in clinic with MD/PA
- Initiate rotator cuff strengthening (0°-45° abduction), scapular strengthening, and dynamic neuromuscular control exercises.

12 Weeks Post Op:

- Follow up appointment in clinic with MD/PA
- Continue above exercises, but also begin:
 - Multi-plane active ROM with gradual increase in velocity of movement-assessing scapular rhythm.
 - Rotator cuff strengthening at 90° abduction.
 - Sport/work specific strengthening, endurance, and velocity specific exercises.

Considerations:

- Full release to work and sports when complete ROM achieved.

**Please visit our website at www.akhanddoc.com for illustrations.*

Note: These instructions are to serve as guidelines and are subject to Physician discretion. Actual progress may be faster or slower depending on the individual.