

Acromioclavicular Joint Rehabilitation Phase 1

THESE EXERCISES

The exercises below are a basic starting point to strengthen your rotator cuff muscles and shoulder girdle muscles which will help support your acromioclavicular joint. You should always be guided by your physical therapist who may add or delete exercises given your specific injury phase and severity.

You will be progressed to harder exercises as your pain subsides

and movement improves, do this under the supervision of your therapist. Where possible try to exercise in front of a mirror so you can watch your form. Good posture must be maintained throughout an exercise. Remember whilst exercising you should not be in pain, if you are, please stop and consult your physical therapist to make adjustments.

Pendulum with Traction

Hold a weight in your hand. Lean over holding on to a chair or table, let your arm hang down by your side, and swing your arm gently in circles. Try to let momentum and gravity move your arm. Go anti-clockwise and clockwise. This exercise is a great way to passively mobilise a stiff shoulder.



Video:

<https://youtu.be/DCzN4aHabb0>

SETS

REPS

Isometric Shoulder Adduction with Towel

Stand up and place a large rolled up towel under your arm pit. Bend your elbow to 90 degrees. Gently contract your arm inwards pressing into the towel. This will cause a contraction of the shoulder muscles. Hold the contraction, and relax. Repeat as required.



SETS REPS

Isometric Shoulder External Rotation Wall

Stand with your side to a wall or a door frame. Tuck your elbow into your body. Push your arm outwards away from your body, into the wall. Keep your elbow tucked in to your side as you perform the movement. This will cause a contraction of the shoulder muscles. Hold the contraction, and relax. Repeat as required.



Video:

<https://youtu.be/xZKIQlkAeZA>

SETS

REPS

Prone Active Extension Single Arm

Lie face down with your arms by your side, and lift one arm behind you towards the ceiling. Hold it there, and then relax. Repeat as required. This exercise will help to strengthen your triceps muscle, as well as mobilising your shoulder.



Video:

<http://youtu.be/LYRkHpbjZvk>

SETS

REPS

Standing Scapular Strengthening

Stand up tall, with good posture. Place your arms just out from your side, and palms facing forwards. Squeeze your shoulder blades together as you draw your arms back. Let your chest and rib cage expand. You should feel a tightening of the muscles at the bottom of your shoulder blades. This exercise will strengthen your lower trapezius muscle and rhomboid muscles, and help with posture.



Video:

<https://youtu.be/NEedytU6TGI>

SETS

REPS

Isometric Shoulder Internal Rotation Wall

Stand with your side to a wall or a door frame. Tuck your elbow into your body. Push your arm inwards across your chest, into the wall. Keep your elbow tucked in to your side as you perform the movement. This will cause a contraction of the shoulder muscles. Hold the contraction, and relax. Repeat as required.



Video:

<https://youtu.be/0d8OPH6aeo8>

SETS

REPS

Passive Abduction with Dowel Rod

Hold a dowel rod in front of you, and use your good arm to assist your painful arm in moving away from your body. Only go as far as feels comfortable, unless your therapist advises you otherwise. This exercise helps improve mobility of the shoulder. If you don't have a dowel rod, you can use a broom stick or golf club.



Video:

<http://youtu.be/zl5QrdFml0o>

SETS

REPS

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