

Acromioclavicular Joint Rehabilitation Phase 3

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

Drawing the Sword with Band

Start with your thumb pointing down, somewhere near your opposite knee, and taking the band, lift your arm above your head and to the side. At the top of the movement, your thumb should be pointing upwards (i.e. the arm has turned out).



Video:

http://youtu.be/qkX9k_T-Thc

SETS

REPS



Standing Narrow Row with Band

Stand up straight, with good posture. Secure an exercise band around an object in front of you. Use a close grip (hands facing each other) and pull your elbows behind your body. At the same time, squeeze your shoulder blades together. By performing this exercise, you will strengthen the mid-trapezius, latissimus dorsi and rhomboid muscles situated next to the shoulder blade, to help posture and shoulder blade stability. To progress this exercise you can alternate the height of your arms finishing position - as you pull the elastic, lift your elbows out to 90 degrees and finish with your hands on your shoulders. Then repeat to the lower waist level.



Video:

http://youtu.be/TT_JGLeMwiA

SETS

REPS



Throwing with Band

Gently perform a throwing movement using the band as resistance. This will help improve mobility, co-ordination, strength and function to your shoulder.



Video:

<http://youtu.be/UpqAC4QNfHm>

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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.

Prone Lower and Mid-Trapezius Raise Dumbbell One Hand

Lying face down on a bench (or bed), grasp a dumbbell in one hand, and lift your arm to 45 degrees outwards from your body to shoulder height. Return it to the starting position. This exercise strengthens the trapezius muscle which helps to stabilise the shoulder blade, and strengthens the back. You will also feel a muscle contraction at the back of your upper arms known as the triceps.



Video:

<http://youtu.be/1lyhZcGXN8>

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Press-Up Kneeling (Harder)

Position yourself in a press-up position, on your knees, with your arms straight. Drop your chest towards the floor by bending your elbows. Return to the start position. This is a chest, core, back and shoulder strengthening exercise.



Video:

<http://youtu.be/xM4PEeV4cks>

SETS

REPS



Bilateral Abduction with Band

Relax your arms by your side and hold the ends of an exercise band in each hand. Stretch the band away from your body to create resistance. You will feel muscle contractions in your upper arms and shoulders, as this exercise strengthens the rotator cuff muscles and the deltoid.

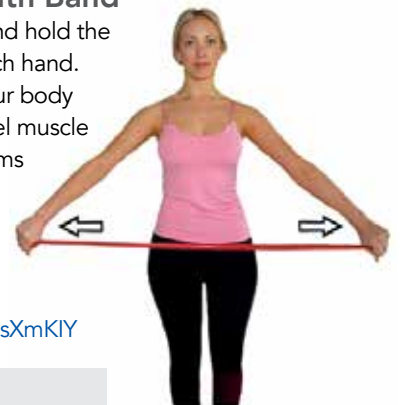


Video:

<http://youtu.be/eQglHsXmKIY>

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