

Pt Sticker or, complete the following

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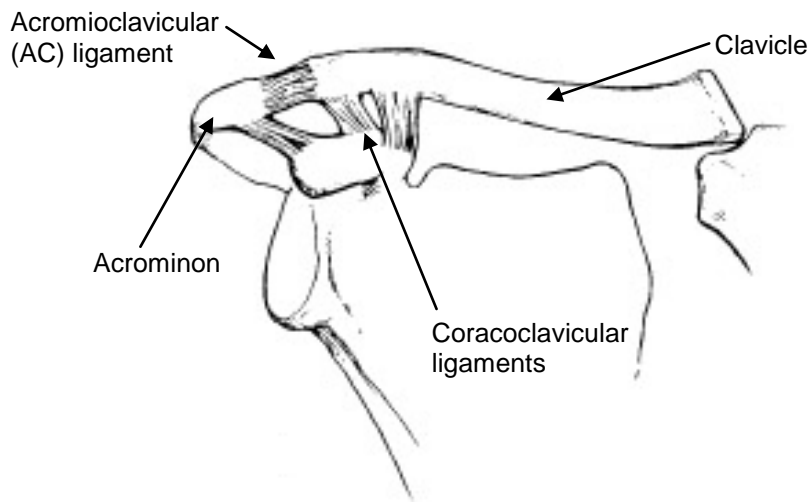
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## Physiotherapy

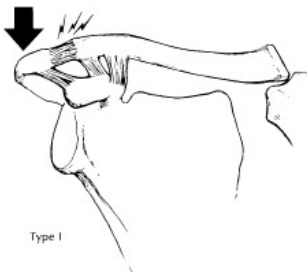
# Acromioclavicular (AC) Joint Injuries

The AC Joint is formed between the clavicle (collar-bone) and the acromion (point of the shoulder). It is supported by three major ligaments; one AC ligament on the top of the joint and two coracoclavicular ligaments under the joint. It is commonly injured as a result of a fall onto the shoulder or onto an outstretched hand.



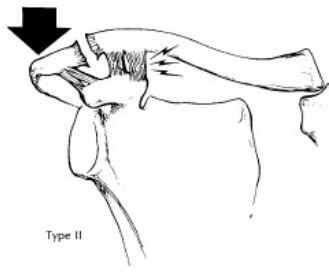
### Type 1:

Sprain of the AC ligament only



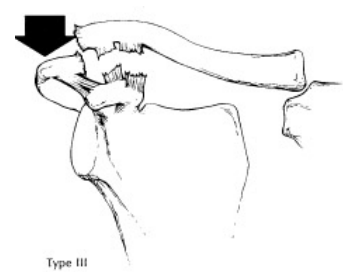
### Type 2:

Tear of the AC ligament and sprain of the coracoclavicular ligaments



### Type 3:

Tear of all three ligaments



The following is important over the first 2 – 3 days following an injury.

**Rest** your shoulder where possible, but you should try to keep it mobile (see Range of Motion (ROM) Exercises below). You may be provided a sling or taping to assist you in the early stages after injury.

**Ice** applied to the shoulder wrapped in a damp towel for 10-15 minutes 3-4 times daily for the first 2 days after an injury or following a 'flare-up'.

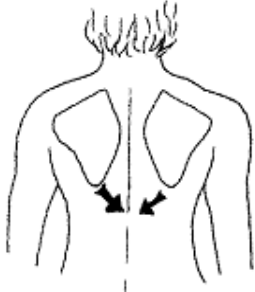
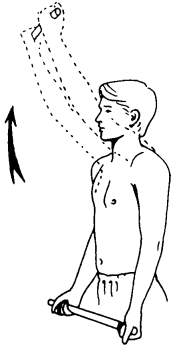




\*25110\* Advice or Information

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## Exercises

Not moving your shoulder at all may slow your recovery. It is best for you to keep your movement in your shoulder by doing the following exercises. These exercises should not hurt, please use pain as a guide for progression. If you have been given a sling or been taped, your physiotherapist will tell you when you can start these exercises.

<p><b>Exercise 1. Scapula (Shoulder Blade) Retraction</b></p> <p>Squeeze your shoulder blades against your chest wall, pulling them in and down</p> <p>Hold for 10 seconds Repeat 10 times Do 3 sets per day</p> <p>Try to adopt this position whenever you move your shoulder</p>	
<p><b>Exercise 2. Assisted Shoulder Flexion</b></p> <p>Using a stick and your good arm to help, slowly raise your arms up over your head and slowly down again.</p> <p>Alternatively, you can “walk” your hand up a wall in front of you or perform this exercise lying down.</p> <p>Repeat 10 times Do 3 sets per day</p>	
<p><b>Exercise 3. Muscle supported Shoulder Elevation</b></p> <p>Move your arm forwards till it is level with you navel. Ensure you keep your shoulders down and back. Must be pain free</p> <p>Repeat 10 times Do 3 sets per day</p>	
<p><b>Exercise 4. Trapezius Stretch</b></p> <p>Gently grasp the side of your head and tilt head away from your affected side until a gentle stretch is felt.</p> <p>Hold 30 seconds Repeat 2 times Do 3 per day</p>	

## Return to Activity/Sport

Return to activity and sport will depend greatly on the type of injury you have sustained. It is recommended you adhere to the follow up plan suggested by the emergency department physiotherapist to ensure optimal recovery time.

*If you have any concerns with this advice or exercises, please contact your physiotherapist.*

Physiotherapist \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_  
(Name & Designation)