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## ***Home Exercise Program for Acromioclavicular Injuries***

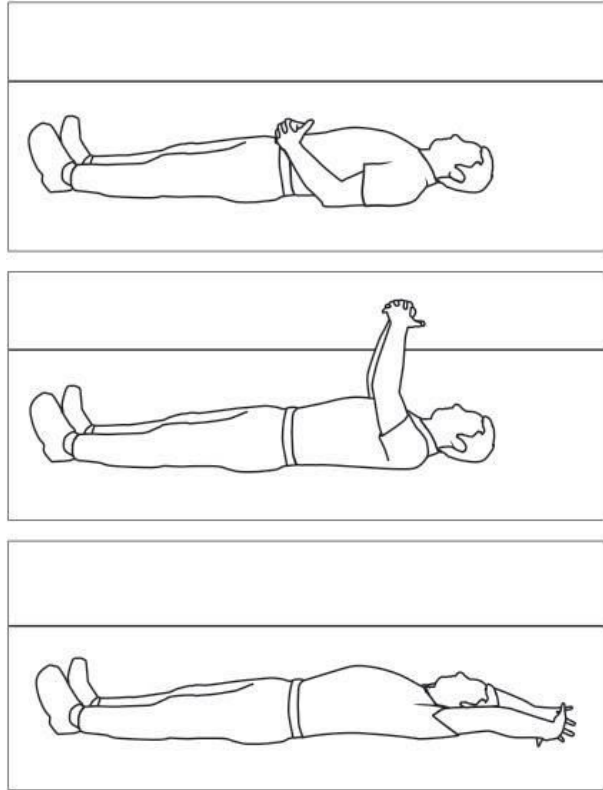
- Perform the exercises in the order listed.
- To prevent inflammation, apply a bag of crushed ice or frozen peas to the shoulder for 20 minutes after performing all the exercises.
- You should not experience any pain with the exercises. If you are unable to perform any of the exercises because of pain or stiffness, call your doctor.
- The following exercise program is introductory only, and progression of this program will vary based on your specific injury, symptoms, and baseline level of fitness. For further progression of this routine, your physician may recommend evaluation and treatment by a physical therapist or other exercise professional.

### **Home Exercise Program for Acromioclavicular Injuries**

<b>Exercise Type</b>	<b>Muscle Group</b>	<b>Number of Repetitions/Sets</b>	<b>Number of Days per Week</b>	<b>Number of Weeks</b>
Active-assisted glenohumeral flexion	Deltoid and supraspinatus	10 repetitions/3 times per day	2	2 to 3
External rotation	Infraspinatus Teres minor	8 to 10 repetitions/2 sets, progressing to 15 repetitions/3 sets	3	2 to 3
Internal rotation	Subscapularis Teres major	8 to 10 repetitions/2 sets, progressing to 15 repetitions/3 sets	3	2 to 3
Scapular retraction/protraction	Middle trapezius Serratus	8 to 10 repetitions/2 sets, progressing to 15 repetitions/3 sets	3	2 to 3

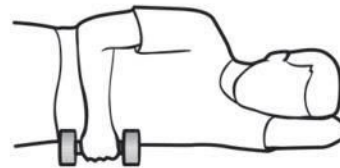
### Active-Assisted Glenohumeral Flexion

- While lying on your back, interlock your fingers and slowly raise both arms over your head. Use the unaffected arm to assist in raising the affected arm.
- Range of motion likely will be limited initially (compared with the unaffected side), but should gradually improve over a number of days to weeks.
- Stretch only to the limit of comfort and hold for 5 seconds. Repeat 10 times. Perform 3 times per day.



### External Rotation

- Lie on your side on a firm, flat surface with the unaffected arm under you, cradling your head.
- Hold the affected arm against your side as shown, with the elbow bent at a 90° angle.
- Slowly rotate the arm at the shoulder, keeping the elbow bent and against your side, to raise the weight to a vertical position; then slowly lower the weight to the starting position to a count of 5.
- Begin with weights that allow 2 sets of 8 to 10 repetitions (approximately 1 to 2 pounds), and progress to 3 sets of 15 repetitions.
- Add weight in 1-pound increments to a maximum of 5 pounds, starting over at 2 sets of 8 to 10 repetitions each time weight is added.
- Perform the exercise 3 days per week, continuing for 2 to 3 weeks.



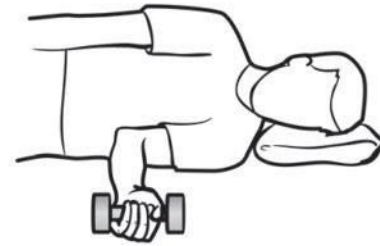
Start



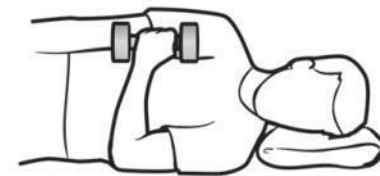
Finish

### Internal Rotation

- Lie on your side on a firm, flat surface with the affected arm under you and with a pillow or folded cloth under your head to keep your spine straight.
- Hold the affected arm against your side as shown, with the elbow bent at 90°.
- Slowly rotate the arm at the shoulder, keeping the elbow bent and against your torso, to raise the weight to a vertical position; then slowly lower the weight to the starting position.
- Begin with weights that allow 2 sets of 8 to 10 repetitions, and progress to 3 sets of 15 repetitions.
- Add weight in 1-pound increments to a maximum of 5 pounds, starting over at 2 sets of 8 to 10 repetitions each time weight is added.
- Perform the exercise 3 days per week, continuing for 2 to 3 weeks.



Start



Finish

### Scapular Retraction/Protraction

- Lie on your stomach on a table or bed with the affected arm hanging over the side.
- Keeping the elbow straight, lift the weight slowly by moving the scapula toward the opposite side as far as possible. Do not shrug the shoulder. Then return slowly to the starting position.
- Begin with a weight that allows 2 sets of 8 to 10 repetitions without pain, and progress to 3 sets of 15 repetitions.
- Add weight in 1-pound increments to a maximum of 5 pounds, starting over at 2 sets of 8 to 10 repetitions each time weight is added.
- Perform the exercise 3 days per week, continuing for 2 to 3 weeks.

