

AC Joint Separation:

The intent of this protocol is to provide the therapist with guidelines of the rehabilitation course after an AC joint separation. The therapist should consult the referring physician with any questions or concerns.

INDIVIDUAL CONSIDERATIONS:

Phase 1 (0 - 3 weeks):

- Sling for comfort but not necessary
- Cryotherapy (ice)
- Passive and active-assisted motion as tolerated
- Gentle scapular stretching

Phase 2 (at least 3 weeks):

- Continue passive and active-assisted motion
- Stretching pectoralis major and minor muscles
- Postural strengthening exercises
- Therabands for rotator cuff, deltoid, serratus, and each division of the trapezius

Phase 3 (when ready):

- Start strengthening program tailored to demands of work and sporting activities
- Return to normal activities between 6 - 12 weeks