

Acromioclavicular Joint Rehabilitation Phase 2

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.

Arm Push Against Stability Ball

With a straight arm, push against a Swiss ball on the wall. This is a great exercise to improve stability to your shoulder.



 **Video:**
<http://youtu.be/0QaFp0l-izM>

SETS	REPS
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Wash On, Wash Off

Draw circles with your arm in a clockwise movement, and then an anti-clockwise movement, as if you were wiping a car windscreen or a window. This exercise is a useful mobility exercise for the shoulder.



 **Video:**
<http://youtu.be/iSbAVOPEFLc>

Band Flexion 45 Degrees

Place an exercise band under your foot, and lift the other end upwards. Take your arm out slightly to the side (45 degrees from the front). When you have reached your limit, move your arm back down. This exercise will improve mobility and strength to your shoulder.



 **Video:**
<http://youtu.be/mAEkw5dQ0I>

SETS	REPS
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Internal Rotation with Band

Tuck your elbow in, keeping it next to your body, and move your arm inwards towards your stomach using the band as resistance. This is an important strengthening exercise for the rotator cuff shoulder muscles.



 **Video:**
<http://youtu.be/ZXncuZKonas>

SETS	REPS
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Press-Up Kneeling

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/P9UgwM5cx10>

SETS	REPS
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External Rotation with Band

Tuck your elbow in, keeping it next to your body, and move your arm outwards away from your stomach, using the band for resistance. This is an important strengthening exercise for the rotator cuff shoulder muscles.



 **Video:**
<http://youtu.be/KZpckJLRhaE>

SETS	REPS
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