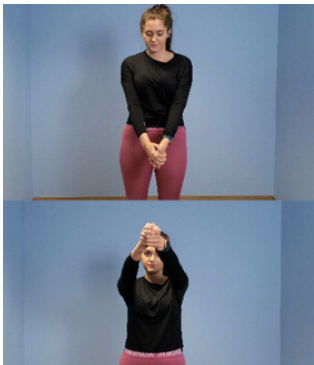
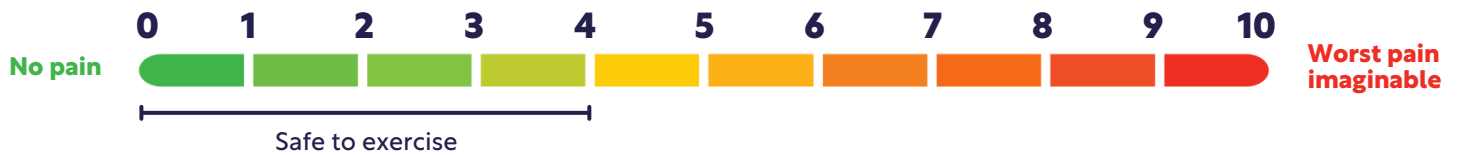


Acromioclavicular Joint Injury Intermediate Programme

Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 4/10 whilst completing this exercise programme.



1. Assisted shoulder elevation

- In sitting or standing clasp your hands together with your arms straight.
- Keeping your hands clasped, use your non injured arm to help lift your injured arm above you.
- Stop when you get to the end of the movement.
- Lower your arms down in a controlled manner.
- If you struggle introduce a stick to help you with the assisted movement.
- **Perform this exercise up to 10 times, rest for 1 minute.**
- **Repeat routine 2 to 3 times.**



2. Reverse flys

- Stand with equal size, light weights in both hands (use whatever you have around the house if you don't have weights).
- Keep your back straight and bend forward at your hips.
- Keep your arms straight and take both arms out to the side to shoulder height.
- Control your arms slowly back down to resting in front of you.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 2 to 3 times.**



3. Isometric shoulder external rotation

- Sit or stand arm's length away from the wall.
- Place a small ball between the palm of your hand and the wall head height (you may use a rolled up piece of tissue if you do not have a ball).
- Apply light pressure and keep your elbow straight.
- Move hand in a circular motion.
- Complete for 20 seconds changing direction each time.
- **Perform this exercise up to 5 times, rest for 1 minute.**
- **Repeat routine 2 to 3 times.**