

Exercise plan:  
**Acromioclavicular Joint Sprain**

Patient:  
**Mrs Julie Dass**

Date:  
**30th Mar 2017**



## Pendulum

Lean over holding on to a chair or table, let your arm hang down by your side, and swing your arm gently in circles. Try to let momentum and gravity move your arm. Go anti-clockwise and clockwise. This exercise is a great way to passively mobilise a stiff shoulder.

Video: <http://youtu.be/YYvI59eU78M>

## Side-arm circles

Draw gentle circles with your arm to the side of your body. Move your arm anti-clockwise and clockwise. This exercise will actively mobilise a stiff shoulder.

Video: <http://youtu.be/ixmb2Du1hiE>



## 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>





## Passive flexion arm lift half

Use your good arm to lift your painful arm (which should stay relaxed). Take your arm up slowly and gently, and do not take it above your head. Stop the lift when you feel pain, and slowly lower the arm. This exercise will help improve your shoulder mobility.

Video: <http://youtu.be/DR8fErLo66Y>



## The football supporter

Take a scarf, hand towel or dowel rod, and grasp both ends. Lift it above your head, and slowly move the scarf from side-to-side as if you were waving a football scarf. This exercise will help improve mobility to the shoulder, but if your shoulder is stiff, start gently as it can be uncomfortable.

Video: [http://youtu.be/1bGs1\\_gw1\\_0](http://youtu.be/1bGs1_gw1_0)



## 90 degree wall crawl

Walk your fingers up the wall, to the side of your body. When you reach your limit (discuss what point this should be with your therapist), walk your fingers back down the wall. This exercise will improve mobility to your shoulder.

Video: <http://youtu.be/Zaz48x6XVLQ>



## Band flexion 90 degrees

Place an exercise band under your foot, and lift the other end towards the side of your body. 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/ZSucMf4W1Hg>

## Drawing the sword

Start with your thumb pointing down, somewhere near your opposite knee, and then lift your arm above your head and to the side. At the top of the movement, your thumb should be pointing upwards (i.e. the arm has turned out). Imagine you are drawing a sword out of its sheath. Return to the start position. This is a great mobility and strengthening exercise for your shoulder. This can also be performed with a resistance band.

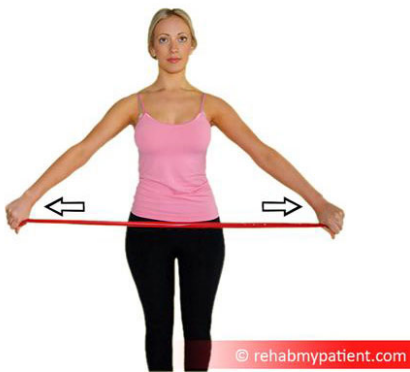
Video: <http://youtu.be/fez1jtytGT8>



## Bilateral abduction with band

Relax your arms by your side and hold the ends of an exercise band in each hand. Stretch the band away from your body to create resistance. You will feel muscle contraction in your upper arms and shoulders, as this exercise strengthens the rotator cuff muscles and the deltoid.

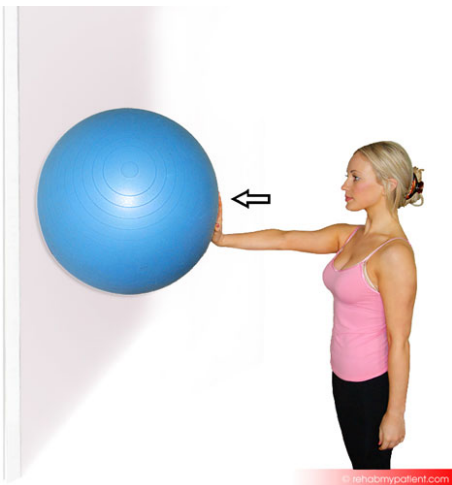
Video: <http://youtu.be/eQgIHsXmKIY>



## Arm push against SB

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

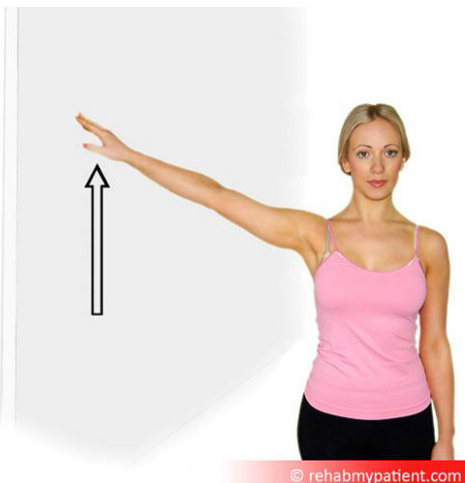
Video: <http://youtu.be/0QaFp0l-izM>



## Wall crawl

Walk your fingers up the wall, directly to your side. When you reach your limit (discuss what point this should be with your therapist), walk your fingers back down the wall. Make sure that you do not hunch/shrug your shoulder as you lift your arms. This exercise will improve mobility and strength to your shoulder.

Video: [http://youtu.be/\\_sd9wyDcBQ](http://youtu.be/_sd9wyDcBQ)



## Passive flexion arm lift full

Use your good arm to lift your painful arm (which should stay relaxed). Take your arm as high as feels comfortable. Stop when you feel pain, and slowly lower your arm. This exercise will help improve your shoulder mobility.

Video: <http://youtu.be/UUVMNEE-4h8>



Dear Mrs Dass, please stop any exercise that causes pain. If you have any questions with an exercise, just email us on [stablestherapycentre@gmail.com](mailto:stablestherapycentre@gmail.com). Good luck and keep with it!