

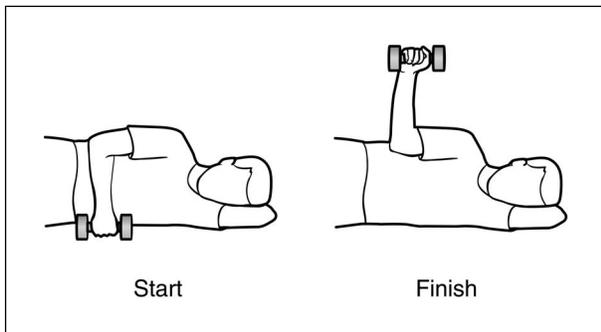
Exercise program for: _____

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HOME EXERCISE PROGRAM FOR ACROMIOCLAVICULAR INJURIES

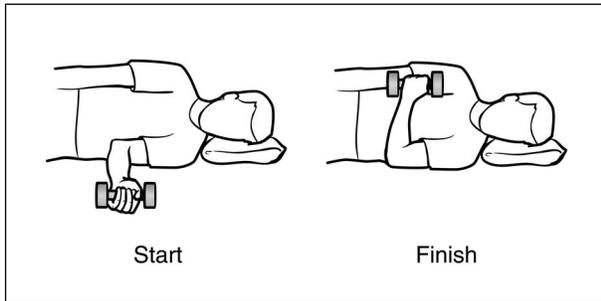
Perform the exercises in the order listed. To prevent inflammation, apply ice, such as a bag of crushed ice or frozen peas, to the shoulder for 20 minutes after performing all the exercises. You should not experience any pain with the exercises. If you are unable to perform any of the exercises because of pain or stiffness, call your doctor.

Exercise Type	Muscle Group	Number of Repetitions/Sets	Number of Days per Week	Number of Weeks
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



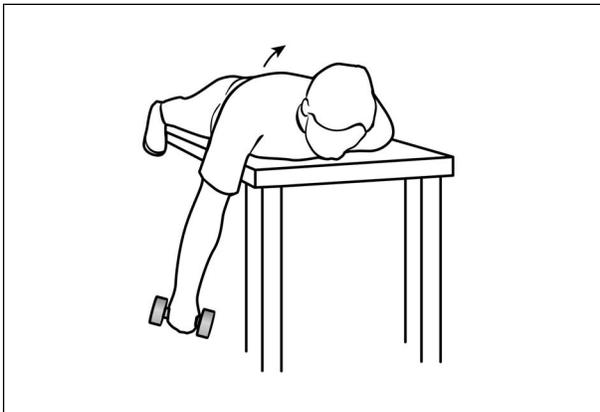
EXTERNAL ROTATION

Lie on your side on a firm, flat surface with the unaffected arm under you, cradling your head. Hold the injured 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, and 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, 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 a week. Continue for a total of 2 to 3 weeks.



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 injured 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 torso, to raise the weight to a vertical position, and 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 a week, continuing for a total of 2 to 3 weeks.



SCAPULAR RETRACTION/ PROTRACTION

Lie on your stomach on a table or bed with the injured 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 slowly return to the starting position. Begin with a weight that allows 2 sets of 8 to 10 repetitions without pain. Progress to 3 sets of 15 repetitions. Then 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 a week, continuing for a total of 2 to 3 weeks.