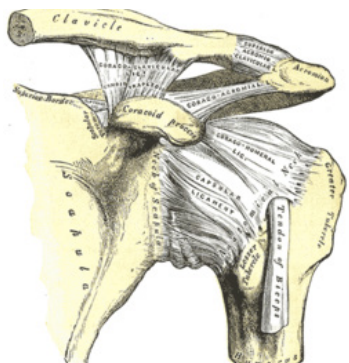
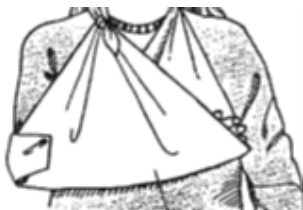


AC joint injuries

Injury to the acromioclavicular (A-C) joint usually happens when a person falls/rolls on their shoulder.



There are degrees of injury with one or more of the ligaments, which attach the clavicle (collarbone) to the scapular (shoulder Blade) being injured. This injury is almost always treated conservatively (ie: without surgery). The arm is placed in a sling at a right angle. This puts the least stress on the affected area. Wear the sling under the clothes initially to help splint the arm. Do not forget to keep the hand, wrist and elbow moving to avoid stiffness. As the pain lessens start some gentle shoulder exercises.



Exercises for your Shoulder

Any questions should be directed towards your physiotherapist, doctor or orthopaedic nurse. The exercises may produce some discomfort but should not be painful. They are a guide for the initial phase of your rehabilitation. Your physiotherapist may advise you of other exercises you need to do in addition to these.

1. **Hand:** Clench and release fist 10 times hourly to reduce the swelling.
2. **Elbow flexion and extension:** Take your arm out of the sling. Slowly bend and straighten the elbow as much as possible.



3. Pendular Exercise

Stand beside a table, bench etc and lean on unaffected arm bending forward slightly at the hips. Let your affected arm hang with elbow straight. Swing your arm gently forward and backwards (like a clock's pendulum).

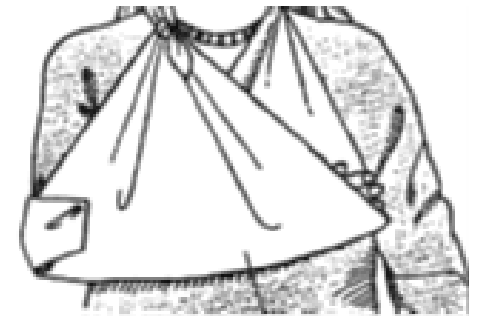


Swing your arm in circles, like your stirring a pot. (Do it in both directions).



Do these exercises two to three times a day.

AC joint injuries



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