


# Mild acromioclavicular (AC) joint injury

Information for you

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You have injured a small joint at the top of your shoulder. This pain should settle within a few weeks. Take a painkiller such as paracetamol and/or ibuprofen. Holding ice to the area for ten minutes every two hours may also help to reduce pain in the first few days after injury.



## Exercises

Regular exercises within your limits of pain will help to restore normal function.

Please try the exercises provided and aim to repeat every hour.

## Pendulum

Lean forward letting the injured arm hang by your side. Gently swing the arm forwards and backwards and then side to side like a “pendulum”. You may then try to circle your arm in one direction and then in the opposite direction as if you are stirring water in a bucket. Repeat ten to 15 times.



## Elevation

There are different ways to lift your arm above your head.

1. Lie on your back, you may wish to support the elbow on a pillow. Try to lift the arm above shoulder level as pain allows. You may use the other arm to help. Slowly control the arm back to your side again. Use the other arm to support this until you are stronger and in less pain. Repeat ten to 15 times.



2. Stand holding a stick/pole in the arm you have not injured, placing the end of this on the palm of your injured hand. Use the stick/pole to lift your arm out to the side. Slowly lower your arm back down by your side. Repeat ten to 15 times.



3. Stand facing the wall and walk your hand up the wall as far as pain allows. Slowly walk your hand back down the wall. You may use your other arm to help to begin with. If it is too painful to do this at the wall, try walking your hand along a table. Repeat ten to 15 times.



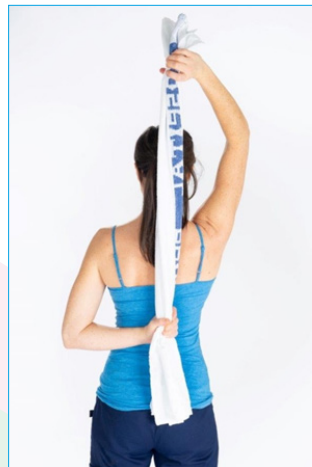
## External rotation

Standing or lying, rotate (turn) the shoulder by keeping your elbow in at your waist and use the stick to push your lower arm outwards. Repeat ten to 15 times. Hold the last stretch for 30 seconds.



## Hand behind back

Reach your hand behind your back as pain allows. You may use a towel to assist, using your other arm to pull the injured arm upwards. Repeat ten to 15 times. Hold the last stretch for 30 seconds.



## Wall press-ups

Stand facing the wall with your hands just below shoulder level. Do a press-up into the wall then push outwards to the starting position. Repeat ten to 15 times.



## Function and Work

**Work:** You can return to work when you can carry out your job safely and comfortably.

**Driving:** Do not drive until you can safely control the vehicle and carry out an emergency stop. You should speak to your insurance company about this.

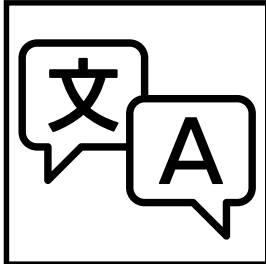
**Sport:** You should not play contact sports for six to eight weeks or longer if required. Build up exercise slowly and do not do any sports until you can move your shoulder normally.

If you notice a severe increase in pain, weakness, or altered skin sensation in your affected arm which does not improve, please contact the Emergency Department secretaries:

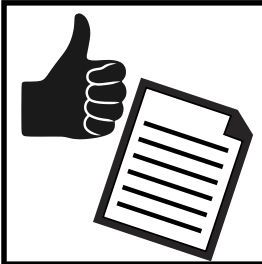
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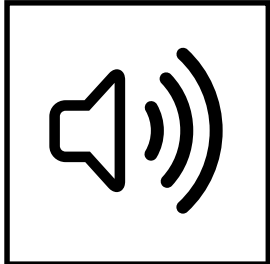
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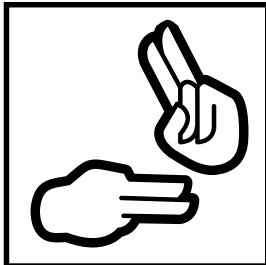
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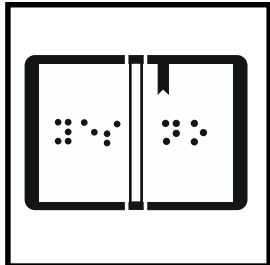
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