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REHAB PROTOCOL: AC JOINT ARTHRALGIA/ARTHRITIS (WEIGHTLIFTER'S SHOULDER)

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

PLAN

- Patient education, posture correction and ergonomics
- Outpatient pain medication, joint mobilization, soft tissue mobilization and modalities – ice, heat, ultrasound, etc during the acute phase
- Phase II & III exercises
 1. Shoulder and scapular ROM and stretching
 2. Rotator cuff strengthening protocol- Eccentric protocol; isometric --> therabands-->light weight --> med-heavy weight
 3. Scapular stabilization and strengthening exercises
 4. Core strengthening
- Home Exercise program

Precautions

- Limit/Avoid provocative positions for worsening of AC joint pain: internal rotation behind the back, cross body adduction, and end range forward elevation as they involve motion at the AC joint, which can be painful
- Avoid shoulder press, bench press, military press, dips, pulldown behind the back, and pectoralis flys
- Exercises should be performed in painless arc initially (usually below the shoulder level) and progressively advanced to above shoulder level
- Avoid body blade, weights or upper body ergometer in the stretching and initial strengthening phase

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- Emphasize lower weight, higher repetition exercises starting out with lightweights and progressively increasing the intensity, resistance and speed. Focus on strengthening in functional positions
- Avoid strengthening exercise with long lever arm (elbow extended and shoulder abducted and extended, Empty can position)
- Watch out for recurrence of subacromial bursitis symptoms due to fatigue of rotator cuff during strengthening phase. Allow for adequate rest and stretching in between days of strengthening

Modalities

- ◇ Heat and Ice
- ◇ Ultrasound
- ◇ Iontophoresis
- ◇ Phonophoresis
- ◇ Therapists' discretion
- ◇ TENS
- ◇ Trigger point massage

Evaluation and others

- ◇ Teach home exercise program



Comments:

Frequency: 2 times per week

Duration: 12 weeks

Signature: _____

Date: _____

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