

Non-operative AC separation Protocol

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
<p>Phase 1 (0-4 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Pain control ● Elbow ROM ● Decrease swelling 	<p>Sling x 2-4 weeks for comfort</p> <p>May come out for elbow ROM, work at waist level</p> <p>No weightbearing</p>	<ul style="list-style-type: none"> ● Pull passive ROM to tolerance allowed ● Kinesiotape for AC joint <p>Modalities:</p> <ul style="list-style-type: none"> ● Cryotherapy ● Edema control 	<ul style="list-style-type: none"> ● Neck, elbow, wrist ROM ● Scapular retraction and depression ● Pendulums ● Deltoid isometrics ● Passive ROM and AAROM when pain/inflammation tolerates
<p>Phase 2 (4-8 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Full PROM ● Begin active assist and AROM 	<p>Out of sling at 4 weeks at the latest</p> <p>5lb. weightbearing limit below shoulder level</p> <p>No prolonged overhead use</p>	<ul style="list-style-type: none"> ● Progress AAROM and active ROM <p>Modalities:</p> <ul style="list-style-type: none"> ● Gentle Massage ● Cryotherapy 	<ul style="list-style-type: none"> ● Continue neck, elbow, hand ROM ● Continue pendulums ● Active ROM ER and IR, FE and Scaption ● Isometrics ER and IR, Biceps and Triceps ● Active ROM sidelying ER, FE and Scaption, Salutes (lawn chair progression), prone extension and horizontal abduction ● Cuff strengthening ● Low load prolonged stretching: towel internal rotation, cross arm, sleeper, 90/90 abd/ER
<p>Phase 3 (8+ weeks)</p>	<p>Kinesiotape prn</p>	<p>Full active and passive ROM</p>	<p>Finalize strengthening, return to full activity</p>