

ac joint arthritis exercises to avoid

AC Joint Arthritis Exercises to Avoid: A Comprehensive Guide

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Editor: Sarah Miller, RN, BSN – Sarah is a registered nurse with a Bachelor of Science in Nursing and extensive experience in editing health-related content for a wide audience. She ensures the clarity and accessibility of medical information.

Summary: This guide details the exercises to avoid with acromioclavicular (AC) joint arthritis to prevent further pain and injury. It outlines the common pitfalls of improper exercise selection, emphasizing the importance of consulting a physical therapist for a personalized exercise plan. Understanding which exercises to avoid is crucial for managing AC joint arthritis and promoting healing.

Introduction:

Acromioclavicular (AC) joint arthritis is a painful condition affecting the joint where the collarbone (clavicle) meets the shoulder blade (scapula). Characterized by inflammation and degeneration of the cartilage, it causes significant discomfort and limits shoulder movement. While exercise is vital for overall health and managing chronic conditions, certain exercises can exacerbate AC joint arthritis, leading to increased pain and potentially further damage. This guide focuses on identifying ac joint arthritis exercises to avoid, helping you protect your joint and promote healing.

H1: Understanding AC Joint Arthritis

Before delving into specific exercises to avoid, understanding the condition is crucial. AC joint arthritis can develop due to injury, overuse, or degenerative changes. Symptoms include pain in the upper shoulder, especially during movement, limited range of motion, and tenderness to the touch over the AC joint. Ignoring the pain and continuing strenuous

activities can worsen the condition.

H2: AC Joint Arthritis Exercises to Avoid: Upper Body Movements

Many upper-body exercises, if performed incorrectly or without modification, can put excessive stress on the AC joint, leading to increased pain and inflammation. Here are some key exercises to avoid or modify:

Heavy overhead pressing: Exercises like overhead presses (barbell, dumbbell, or machine), military presses, and Arnold presses place significant direct stress on the AC joint. The weight pushes down on the clavicle, further irritating the already inflamed joint.

Bench press (especially incline): While not directly targeting the AC joint, the incline bench press, in particular, can exacerbate pain by stressing the anterior aspect of the shoulder girdle. The angle places increased pressure on the AC joint.

Pull-ups and chin-ups: While beneficial exercises, improper form or excessive weight can overload the AC joint, causing pain.

Behind-the-neck exercises: Any exercise performed with the arms extended behind the neck, such as behind-the-neck presses or lat pulldowns, should be strictly avoided. These movements significantly compress the AC joint.

Aggressive rowing exercises: While rowing strengthens back and arm muscles, forceful pulling movements, especially with heavy weights, can stress the AC joint.

H2: AC Joint Arthritis Exercises to Avoid: Other Considerations

Beyond specific exercises, other factors increase the risk of aggravating AC joint arthritis:

Improper form: Incorrect form in any exercise increases stress on the AC joint. Seeking guidance from a qualified physical therapist is crucial to ensure proper technique.

Excessive weight: Lifting weights that are too heavy for your current strength level puts undue strain on the joint.

High-impact activities: Activities like contact sports, running, and jumping can create significant shock to the AC joint, leading to increased pain.

Ignoring pain: Continuing to exercise despite experiencing pain will worsen the inflammation and damage the joint further.

H2: Safe Alternatives and Modification Strategies for AC Joint Arthritis

While some exercises should be avoided, others can be adapted to reduce stress on the AC joint. A physical therapist can create a personalized exercise program incorporating low-impact, range-of-motion exercises that strengthen surrounding muscles without compromising the AC joint.

Range-of-motion exercises: Gentle pendulum swings and rotations can improve flexibility and reduce stiffness.

Isometric exercises: These exercises involve contracting muscles without movement, strengthening them without stressing the joint.

Strengthening exercises for the rotator cuff: A strong rotator cuff helps stabilize the shoulder and reduces stress on the AC joint.

Scapular stabilization exercises: These exercises focus on strengthening the muscles that control the scapula, improving shoulder mechanics and reducing AC joint stress.

H2: The Importance of Consulting a Physical Therapist

When dealing with ac joint arthritis exercises to avoid, it's paramount to seek professional guidance. A physical therapist can assess your condition, identify specific exercises to avoid, and create a personalized rehabilitation program. This program will include tailored exercises to strengthen supporting muscles, improve range of motion, and manage pain, ensuring your recovery without further injury. Ignoring professional advice and engaging in unsuitable exercises can lead to chronic pain and disability.

Conclusion:

Managing AC joint arthritis requires a careful approach to exercise. Understanding which ac joint arthritis exercises to avoid is essential for preventing further pain and injury. By avoiding high-impact activities, heavy lifting, and improper form, and working with a physical therapist to develop a tailored exercise plan, individuals with AC joint arthritis can manage their condition effectively and improve their quality of life. Remember, prevention and proper rehabilitation are crucial for long-term success.

FAQs:

1. Can I still exercise with AC joint arthritis? Yes, but you need to modify your routine to avoid aggravating the joint. Consult a physical therapist for guidance.
1. What are the early signs of AC joint arthritis? Pain during movement, especially overhead movements, tenderness to the touch over the AC joint, and limited range of motion.
1. How is AC joint arthritis diagnosed? Usually through a physical examination and imaging tests like X-rays.

1. What are the non-surgical treatment options for AC joint arthritis? Physical therapy, medication (pain relievers, anti-inflammatories), and lifestyle modifications.
1. When is surgery considered for AC joint arthritis? When conservative treatments fail to provide relief and the pain significantly impacts daily life.
1. How long does it take to recover from AC joint arthritis? Recovery time varies depending on the severity of the condition and the individual's response to treatment.
1. Can AC joint arthritis be prevented? Avoiding high-impact activities and practicing proper lifting techniques can reduce the risk.
1. What are the long-term effects of untreated AC joint arthritis? Chronic pain, limited range of motion, and potential disability.
1. Is it safe to swim with AC joint arthritis? Generally, swimming is a low-impact exercise that can be beneficial, but it's crucial to avoid any movements that aggravate the joint.

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1. "Understanding AC Joint Pain: Causes, Symptoms, and Diagnosis": This article provides a comprehensive overview of AC joint pain, covering various causes, diagnostic methods, and initial treatment options.
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you need to customize interventions for individuals with movement dysfunction. You'll find the perfect balance of theory and clinical technique—in-depth discussions of the principles of therapeutic exercise and manual therapy and the most up-to-date exercise and management guidelines.

ac joint arthritis exercises to avoid: Mesenchymal Stem Cell Therapy Lucas G. Chase, Mohan C Vemuri, 2012-12-12 Over the past decade, significant efforts have been made to develop stem cell-based therapies for difficult to treat diseases. Multipotent mesenchymal stromal cells, also referred to as mesenchymal stem cells (MSCs), appear to hold great promise in regards to a regenerative cell-based therapy for the treatment of these diseases. Currently, more than 200 clinical trials are underway worldwide exploring the use of MSCs for the treatment of a wide range of disorders including bone, cartilage and tendon damage, myocardial infarction, graft-versus-host disease, Crohn's disease, diabetes, multiple sclerosis, critical limb ischemia and many others. MSCs were first identified by Friedenstein and colleagues as an adherent stromal cell population within the bone marrow with the ability to form clonogenic colonies in vitro. In regards to the basic biology associated with MSCs, there has been tremendous progress towards understanding this cell population's phenotype and function from a range of tissue sources. Despite enormous progress and an overall increased understanding of MSCs at the molecular and cellular level, several critical questions remain to be answered in regards to the use of these cells in therapeutic applications. Clinically, both autologous and allogenic approaches for the transplantation of MSCs are being explored. Several of the processing steps needed for the clinical application of MSCs, including isolation from various tissues, scalable in vitro expansion, cell banking, dose preparation, quality control parameters, delivery methods and numerous others are being extensively studied. Despite a significant number of ongoing clinical trials, none of the current therapeutic approaches have, at this point, become a standard of care treatment. Although exceptionally promising, the clinical translation of MSC-based therapies is still a work in progress. The extensive number of ongoing clinical trials is expected to provide a clearer path forward for the realization and implementation of MSCs in regenerative medicine. Towards this end, reviews of current clinical trial results and discussions of relevant topics association with the clinical application of MSCs are compiled in this book from some of the leading researchers in this exciting and rapidly advancing field. Although not absolutely all-inclusive, we hope the chapters within this book can promote and enable a better understanding of the translation of MSCs from bench-to-bedside and inspire researchers to further explore this promising and quickly evolving field.

ac joint arthritis exercises to avoid: Exercises for Arthritis Erin O'Driscoll, John D. Md Hubbell, Peter Field Peck, 2004 More than 70 million Americans suffer from some type of arthritis. Contrary to popular belief, the condition doesn't just affect senior citizens: over half of those with arthritis are under 65, and some types affect twenty-somethings, teens, and even children. The one thing these people have in common? Over half the Americans with arthritis think that nothing can be done to help their condition. Now, noted exercise physiologist Erin O'Driscoll brings help to arthritis sufferers everywhere with her new book EXERCISES FOR ARTHRITIS (A Safe and Effective Way to Increase Strength, Improve Flexibility, Gain Energy, and Reduce Pain). Studies have shown that exercise reduces the joint pain and stiffness that come along with arthritis, and that's not the only way it helps: exercise also increases muscle strength, flexibility, and endurance, while helping to take off extra pounds that put pressure on joints. No matter the type of arthritis, EXERCISES FOR ARTHRITIS has an exercise that will help. From isometric exercises that build strength without stressing joints to cardiovascular workouts for improved heart health and weight loss, EXERCISES FOR ARTHRITIS covers all the bases to help people with arthritis reduce pain, improve mobility, and increase strength. Easy-to-follow photographs illustrate each exercise, making the routines simple even for those who have been sedentary for years. EXERCISES FOR ARTHRITIS is more than a workout guide. It contains valuable information for anyone affected by arthritis, from an overview of the different types of arthritis and the latest research to discussions of popular treatment methods and medications. It also offers more important to people with arthritis: the opportunity to manage

their health. From tips on maintaining a Good Health Attitude to simple exercises that can be done in bed each morning to prepare for a great rest of the day, EXERCISES FOR ARTHRITIS gives arthritis sufferers the tools they need to have a healthy body-and a healthy outlook on life.

ac joint arthritis exercises to avoid: Treat Your Own Rotator Cuff Jim Johnson, 2006 Treat your own rotator cuff? Who needs to worry about that? According to the medical research, a lot of people. The rotator cuff, a group of four, flat tendons that connect to the critical muscles that stabilize your shoulder, can cause a lot more problems than you might think. Consider a few of these statistics from the published literature: .It's simply just a matter of time until the majority of shoulders get a rotator cuff tear. According to Magnetic Resonance Imaging (MRI) scans, approximately 4% of people under forty years of age have a torn rotator cuff. After age sixty, however, 54% of people have one (Sher 1995). .Once the rotator cuff gets torn, it doesn't look good either. One study followed a group of patients with tears in their rotator cuffs and found that 80% of the them went on to either enlarge or turn into full thickness tears-in less than a two-year period (Yamanaka 1994). As you can tell, rotator cuff problems aren't just for elite athletes. Seriously consider investing just a few minutes a week doing the simple exercises in this book if you: .have been diagnosed with either a partial or full thickness rotator cuff tear (yes, many studies show that even full thickness tears can be helped with exercise) .experience shoulder pain .do upper body weight lifting .have a job or play a sport where you do a lot of work with your arms above shoulder level .have been diagnosed with impingement syndrome .want a healthy and properly functioning rotator cuff So whether you already suffer from a rotator cuff problem, or simply want to prevent one, Treat Your Own Rotator Cuff will guide you step-by-step through an evidence-based program that can iron-plate your shoulders in just minutes a week. Jim Johnson, P.T., is a physical therapist who has spent over fifteen years treating both inpatients and outpatients with a wide range of pain and mobility problems. He has written many books based completely on published research and controlled trials including The Multifidus Back Pain Solution, Treat Your Own Knees, The No-Beach, No-Zone, No-Nonsense Weight Loss Plan: A Pocket Guide to What Works, and The Sixty-Second Motivator. His books have been translated into other languages and thousands of copies have been sold worldwide. Besides working full-time as a clinician in a large teaching hospital and writing books, Jim Johnson is a certified Clinical Instructor by the American Physical Therapy Association and enjoys teaching physical therapy students from all over the United States.

ac joint arthritis exercises to avoid: Exercise and Diabetes Sheri R. Colberg, 2013-05-30 Physical movement has a positive effect on physical fitness, morbidity, and mortality in individuals with diabetes. Although exercise has long been considered a cornerstone of diabetes management, many health care providers fail to prescribe it. In addition, many fitness professionals may be unaware of the complexities of including physical activity in the management of diabetes. Giving patients or clients a full exercise prescription that take other chronic conditions commonly accompanying diabetes into account may be too time-consuming for or beyond the expertise of many health care and fitness professionals. The purpose of this book is to cover the recommended types and quantities of physical activities that can and should be undertaken by all individuals with any type of diabetes, along with precautions related to medication use and diabetes-related health complications. Medications used to control diabetes should augment lifestyle improvements like increased daily physical activity rather than replace them. Up until now, professional books with exercise information and prescriptions were not timely or interactive enough to easily provide busy professionals with access to the latest recommendations for each unique patient. However, simply instructing patients to "exercise more" is frequently not motivating or informative enough to get them regularly or safely active. This book is changing all that with its up-to-date and easy-to-prescribe exercise and physical activity recommendations and relevant case studies. Read and learn to quickly prescribe effective and appropriate exercise to everyone.

ac joint arthritis exercises to avoid: The Athlete's Shoulder James R. Andrews, Kevin E. Wilk, Michael M. Reinold, 2008-10-30 The latest edition of this in-depth look at athletic injuries of the shoulder has been updated to feature 16 new chapters, additional illustrations and algorithms, an

added focus on arthroscopic treatments, and pearls that highlight key information. Additional contributing authors give you a fresh spin on new and old topics from rehabilitation exercises to special coverage of female athletes, pediatrics, and golfers. This book offers coverage of arthroscopy, total joint replacement, instability, football, tennis, swimming, and gymnastic injuries, rotator cuff injuries, and much, much more! The large range of topics covered in this text ensures that it's a great resource for orthopaedists, physical therapists, athletic trainers, and primary care physicians. - Presents a multidisciplinary approach to the care of the shoulder, combining contributions from the leaders in the field of orthopedic surgery, physical therapy, and athletic training. - Demonstrates which exercises your patients should perform in order to decrease their chance of injury or increase strength following an injury through illustrated exercises for rehabilitation and injury prevention. - Illustrates how the shoulder is affected during activity of certain sports with a variety of tables and graphs. - Covers a large range of topics including all shoulder injuries to be sufficiently comprehensive for both orthopaedists and physical therapists/athletic trainers. Features 16 new chapters, including Internal Impingement, Bankarts: Open vs. Arthroscopy, Adhesive Capsulitis of the Shoulder, Cervicogenic Shoulder Pain, Proprioception: Testing and Treatment, and more. - Details current surgical and rehabilitation information for all aspects of shoulder pathology to keep you up-to-date. - Organizes topics into different sections on anatomy, biomechanics, surgery, and rehabilitation for ease of reference.

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ac joint arthritis exercises to avoid: Rebuilding Milo Aaron Horschig, 2021-01-19 Every athlete who spends time in the weight room eventually deals with pain/injury that leaves them frustrated and unable to reach their highest potential. Every athlete ought to have the ability to take the first steps at addressing these minor injuries. They shouldn't have to wait weeks for a doctor's appointment, only to be prescribed pain medications and told to "take two weeks off lifting" or, even worse, to "stop lifting so heavy." Dr. Aaron Horschig knows your pain and frustration. He's been there. For over a decade, Dr. Horschig has been a competitive weightlifter, and he understands how

discouraging it is to tweak your back three weeks out from a huge weightlifting competition, to have knee pain limit your ability to squat heavy for weeks, and to suffer from chronic shoulder issues that keep you from reaching your goals. Rebuilding Milo is the culmination of Dr. Horschig's life's work as a sports physical therapist, certified strength and conditioning specialist, and Olympic weightlifting coach. It contains all of the knowledge he has amassed over the past decade while helping some of the best athletes in the world. Now he wants to share that knowledge with you. This book, designed by a strength athlete for anyone who spends time in the weight room, is the solution to your struggles with injury and pain. It walks you through simple tests and screens to uncover the movement problem at the root of your pain. After discovering the cause of your injury, you'll be able to create an individualized rehab program as laid out in this book. Finally, you'll be on the right path to eliminate your pain and return to the activities you love.

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ac joint arthritis exercises to avoid: Atlas of Pain Management Injection Techniques - E-Book Steven D. Waldman, 2022-02-01 Ideal for hands-on, day-to-day use in practice, *Atlas of Pain Management Injection Techniques*, 5th Edition, helps you master the key nerve blocks you need to know to successfully treat 200 common and uncommon pain syndromes. Focusing on the how to details of pain management injection techniques, this bestselling atlas by Dr. Steven D. Waldman equips you to deliver safe, accurate and cost-effective pain relief to your patients using the most clinically appropriate imaging modalities. It demonstrates exactly how to evaluate the causes of pain, identify the most promising injection technique, locate the injection site with precision, and deliver effective relief to patients. - Helps you find information quickly with a logical organization by anatomic region, and templated chapters that cover indications and clinical considerations, clinically relevant anatomy, technique, side effects and complications, and Dr. Waldman's own clinical pearls. - Includes 14 brand-new injection techniques, including Chalazion Injection; Botox Injection for Migraine; Intra-articular Injections of the Glenohumeral, Hip, Ankle, and Knee Joints; Rectus Sheath Block; Fascia Iliaca Plane Block; Penile Block; and more. - Incorporates all clinically useful imaging modalities including expanded information on office-based ultrasound-guided techniques as well as fluoroscopy and CT-guided procedures. - Illustrates the anatomical targets for each procedure and the appropriate needle placement and trajectory used to reach each target. - Features new full-color anatomic drawings as well as photographs, radiographs, ultrasound, CT, and MRI images throughout. - Provides clear guidance on the risks and benefits of each procedure/technique. - Enhanced eBook version included with purchase. Your enhanced eBook allows you to access all of the text, figures, and references from the book on a variety of devices.

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Complications section and a Clinical Pearls section in every chapter that help you avoid potential pitfalls associated with each common pain syndrome. - Any additional digital ancillary content may publish up to 6 weeks following the publication date.

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surgeon. Pioneering work by Lanny Johnson, Dick Caspari, Harv Ellman (and others) further facilitated the application of these emerging technologies into a practical and useful new skill set. Today, with few exceptions, most shoulders requiring surgical intervention can be thoroughly assessed, and in many cases, definitively treated arthroscopically. Yet, and perhaps a consequence of the rather rapid evolution of these techniques, few single-source references are available for either the would be shoulder arthroscopist or the experienced clinician looking to hone his/her arthroscopic skills about the shoulder. The purpose of this text is to address this deficiency and provide the orthopaedic and arthroscopic community with a single definitive how to technical reference on operative shoulder arthroscopy. In keeping with this initiative, our goal was to assemble a group of authors who themselves were responsible for developing the techniques described, learning firsthand how they do it. We are indebted to these contributors for their time and effort, and believe they have provided a wealth of valuable information that will enhance our technical understanding.

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rheumatoid arthritis without expensive drugs or equipment. The key is to substitute restorative foods for certain inflammation-generating foods, tap your inner well-springs of good health, and practice easy-to-do exercises for increased flexibility. You will discover:

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- Easy diet changes that eliminate joint inflammation, gout, migraines, osteoarthritis, lupus, and more

No matter how old you are or how long you've suffered from arthritis, with this program you can help overcome arthritis and free yourself of debilitating pain in just a few weeks.

ac joint arthritis exercises to avoid: Shoulder Stiffness Eiji Itoi, Guillermo Arce, Gregory I. Bain, Ronald L. Diercks, Dan Guttman, Andreas B. Imhoff, Augustus D. Mazzocca, Hiroyuki Sugaya, Yon-Sik Yoo, 2015-04-14 This book provides an up-to-date overview of the latest evidence regarding shoulder stiffness or frozen shoulder. All aspects are covered: epidemiology, etiology, anatomy and biomechanics, clinical symptoms, histology and laboratory tests, physical examinations, imaging studies and the various conservative and surgical treatment options. The book is published in cooperation with ISAKOS and reflects the conclusions of the Consensus Meeting of the ISAKOS Upper Extremity Committee in Amsterdam in May 2014, which brought together global opinion leaders in the field. Frozen shoulder itself remains shrouded in mystery. There is ongoing uncertainty over its causation and continuing relative neglect due to the belief that it is a self-limited disease despite the evidence that most patients fail to achieve complete recovery, with many experiencing persistent pain and stiffness. Shoulder Stiffness: Current Concepts and Concerns provides an excellent summary of present knowledge regarding frozen shoulder and will be of value to all who manage the condition.

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Murray opens the narrative with a history of acupuncture, then co-author Dr. Jun Xu explains how acupunctures magic needles release a natural energy that can alleviate even longstanding health conditions - including asthma, bronchitis, substance abuse, headaches, and hypertension. He continues with a discussion of how acupuncture works, what conditions are most responsive to it, and which treatments are approved by physicians and health organizations. Case histories, tips for practitioners, a glossary of terms, and a reference section is included.

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