

ac joint rehab exercises pdf

AC Joint Rehab Exercises PDF: A Comprehensive Guide to Recovery

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Understanding the AC Joint and its Injuries

The acromioclavicular (AC) joint is where the acromion (part of the shoulder blade) meets the clavicle (collarbone). This joint plays a crucial role in shoulder movement and stability. Injuries to the AC joint, often resulting from falls or direct blows to the shoulder, can range from mild sprains to severe separations, requiring varying degrees of rehabilitation. Finding effective ac joint rehab exercises pdf resources is vital for successful recovery.

This article provides a comprehensive overview of AC joint rehabilitation and the importance of using a structured program, often available as an ac joint rehab exercises pdf download. We'll explore various exercises suitable for different stages of healing, emphasizing the need for proper guidance from a healthcare professional. Improper exercises could potentially worsen the injury, delaying recovery.

Stages of AC Joint Rehab and Appropriate Exercises

AC joint rehabilitation typically progresses through several phases, each focusing on different goals:

Phase 1: Early Phase (Pain Management & Protection) (Often covered in an ac joint rehab exercises pdf focusing on this early stage)

Goal: Reduce pain, inflammation, and protect the joint.

Exercises: Gentle range of motion exercises within pain-free limits. This may include pendulum swings, and gentle shoulder blade squeezes. Ice application and elevation are crucial.

Example from a potential ac joint rehab exercises pdf: Pendulum swings: Lean forward, supporting the injured arm, and gently swing it in small circles, forward and backward. Repeat 10-15 times, several times a day.

Phase 2: Intermediate Phase (Restoring ROM & Strength) (Detailed in the intermediate section of many ac joint rehab exercises pdf)

Goal: Improve range of motion, increase strength, and regain joint stability.

Exercises: Isometric exercises (holding a muscle contraction without movement), gentle isotonic exercises (moving the joint through its range of motion against resistance), and scapular stabilization exercises (strengthening the muscles that support the shoulder blade). Light resistance bands can be introduced.

Example from an ac joint rehab exercises pdf: Scapular retractions: Squeeze your shoulder blades together, hold for 5 seconds, and release. Repeat 10-15 times.

Phase 3: Advanced Phase (Strengthening & Return to Activity) (Covered in advanced sections of ac joint rehab exercises pdf documents)

Goal: Increase strength, improve functional capacity, and safely return to previous activities.

Exercises: Progressive resistance training using weights or resistance bands. Plyometric exercises (jumping activities) may be introduced gradually. Focus on improving overall shoulder strength and stability. Proprioceptive exercises (balance and coordination exercises) are important.

Example from an ac joint rehab exercises pdf: Dumbbell shoulder press: Lie on your back, hold dumbbells, and lift them overhead. Lower slowly. Start with light weights and gradually increase as strength improves.

Finding and Using an AC Joint Rehab Exercises PDF

Many resources offer ac joint rehab exercises pdf downloads. However, caution is advised. It's crucial to ensure the source is reputable and the exercises are appropriate for your specific injury and recovery stage. Consulting a physical therapist is paramount. They can assess your injury, create a personalized rehabilitation program, and provide guidance on safely performing the exercises. A well-structured ac joint rehab exercises pdf from a qualified source should include clear instructions, illustrations, and progression guidelines.

Using a properly designed ac joint rehab exercises pdf in conjunction with professional guidance can significantly improve your recovery and reduce the risk of re-injury. Ignoring pain or pushing yourself too hard can lead to setbacks.

Summary

This article highlights the importance of using evidence-based ac joint rehab exercises pdf resources for the recovery of acromioclavicular joint injuries. The rehabilitation process typically involves three phases: pain management and protection, restoring range of motion and strength, and finally, strengthening and return to activity. The key to successful recovery lies in a personalized program guided by a healthcare professional, with carefully selected exercises available through reliable ac

joint rehab exercises pdf resources. Remember that following a poorly designed program found online could be detrimental to your recovery.

Conclusion

Successful rehabilitation from an AC joint injury requires a structured approach and commitment to a consistent exercise program. While readily available ac joint rehab exercises pdf can be a helpful tool, they should be used in conjunction with professional guidance from a physical therapist to ensure safe and effective recovery. Remember, patience and adherence to your individualized plan are key to achieving optimal outcomes.

FAQs

1. Can I find a free AC joint rehab exercises PDF online? While some free resources exist, it's crucial to verify their credibility and appropriateness for your specific injury. Consulting a professional is safer.
1. How long does AC joint rehab typically take? Recovery time varies depending on the severity of the injury and individual healing capacity, ranging from several weeks to several months.
1. What are the signs of an AC joint injury? Common symptoms include pain in the shoulder, swelling, limited range of motion, and tenderness to the touch over the AC joint.
1. Is surgery always necessary for AC joint separations? Not always. Many AC joint injuries can be effectively treated with conservative measures, including physical therapy.
1. What if I experience increased pain during AC joint exercises? Stop the exercise immediately and consult your physical therapist or doctor. Pain indicates you may be pushing yourself too hard.
1. Are there specific exercises to avoid with an AC joint injury? Activities that involve overhead lifting or direct pressure on the AC joint should be avoided initially. Your physical therapist will guide you.

1. When can I return to sports or my regular activities after an AC joint injury? Return to activity is gradual and determined by your progress in physical therapy and the absence of pain.

1. What kind of resistance bands are best for AC joint rehab? Light-to-medium resistance bands are typically recommended, ensuring you can control the movement.

1. Is it possible to prevent AC joint injuries? Strengthening the shoulder muscles and using proper technique during activities can help reduce the risk.

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ac joint rehab exercises pdf: *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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octogenarians competitive athletes while others struggle to walk up the stairs? It isn't luck. It's orthopaedic science. If you're tired of doctors telling you that an injury will prevent you from playing the sports you enjoy, you'll love Dr. Kevin R. Stone's *Play Forever*. All great athletes get injured. Only the best of them use those injuries to come back to their sport better-fitter, faster, and stronger than before. Through Dr. Stone's revolutionary approach to sports medicine, you'll discover how injuries can lead to a lifetime of high-performance fitness and athleticism. Learn how the musculoskeletal system can be repaired through cutting-edge therapies, then honed and strengthened through semiannual fitness tests, preseason education and training programs, and regular in-season tune-ups. Backed by scientific outcome studies on orthopaedic treatments and implants, *Play Forever* will become your go-to health and fitness source, helping you play the sport you love to age 100 and beyond.

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ac joint rehab exercises pdf: Shoulder Instability Across the Life Span Andreas B. Imhoff, Felix H. Savoie III, 2017-05-06 This book outlines the consensus findings of the ISAKOS Upper Extremity Committee regarding the treatment options for patients suffering from shoulder instability. The aim is to furnish readers with a precise knowledge of the presenting features of conditions typical of different ages, thereby facilitating assessment of patient characteristics and optimal treatment decision making based on the consensus of the Committee. All age groups are covered, from the very young through to the older patient. The structuring of the book essentially according to age group reflects the fact that certain forms of shoulder instability are observed at different ages. For example, while young patients tend to demonstrate instability combined with hyperlaxity, in later years, bony defects of the glenoid and humerus gain in importance. Similarly, the scope for conservative treatment varies across the life span. Each management-oriented chapter of the book includes information and guidance on anatomy, clinical examination, imaging, surgical indications and technique, rehabilitation, outcomes, and complications and their avoidance, and the text is supported by numerous high-quality illustrations.

ac joint rehab exercises pdf: Concepts of Rehabilitation for the Management of Common Health Problems Gordon Waddell, A. Kim Burton, 2004 Although there is broad agreement on the importance of rehabilitation and the need to improve occupational health and vocational rehabilitation in the UK, there is considerable uncertainty about what 'rehabilitation' is,

and about its cost-effectiveness, particularly for the common health problems that cause most long-term disability and incapacity. This paper seeks to develop a theoretical and conceptual basis for the rehabilitation of common health problems. Chapters include: traditional rehabilitation and the need for a different approach; illness, disability and incapacity for work; the biopsychosocial model and framework of disability; obstacles to recovery and return to work; clinical and occupational management of common health problems; personal responsibility and motivation; and rehabilitation in a social security context.

ac joint rehab exercises pdf: The Multiple Ligament Injured Knee Gregory C. Fanelli, 2012-08-16 The Multiple Ligament Injured Knee: A Practical Guide to Management includes the most developed knowledge needed to successfully diagnose and treat knee ligament injuries. This thorough work presents anterior and posterior cruciate and collateral ligament anatomy and biomechanics along with non-invasive methods for diagnosing the extent of injury, such as radiographic and arthroscopic evaluation. Various injuries are discussed in addition to useful treatment techniques, including arthroscopic reconstruction, posterolateral and posteromedial corner injury and treatment, assessment and treatment of vascular injuries, assessment and treatment of nerve injuries, rehabilitation, and post-operative results. Each of these clearly written chapters is accompanied by a wealth of line drawings and photographs that demonstrate both the surgical and non-surgical approaches to examination and treatment.

ac joint rehab exercises pdf: 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 rehab exercises pdf: 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.

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ac joint rehab exercises pdf: Glenohumeral Osteoarthritis in the Young Patient Brian M. Grawe, J. Gabriel Horneff III, Joseph A. Abboud, 2022-01-20 The management of glenohumeral arthritis in the young patient remains a challenging problem for the treating clinician. The activity demands seen in such patient populations require a unique understanding of what the goals of treatment are to ensure satisfied and sustainable outcomes. In addition, younger patients have a longer life expectancy and more active lifestyles, which can negatively impact the longevity of arthroplasty implants that are traditionally used in the older patient population. As such, the discovery and implementation of novel and anatomy preserving techniques continue to evolve to meet the demand of younger patients without compromising their outcomes. This practical text serves to educate the treating clinician on how to recognize and categorize glenohumeral osteoarthritis in young patients and offers insight into the various operative and non-operative treatment options. Opening chapters examine the prevalence and burden, etiology and evaluation of the condition, followed by chapters discussing the current non-invasive and non-operative approaches to treatment, such as injection therapy. The main complement of chapters are detailed descriptions of surgical approaches, from arthroscopy and cartilage reconstruction to total and reverse shoulder arthroplasty, stemless approaches and arthrodesis. A final chapter expands on future management strategies. Radiographs and intraoperative photos are provided to enhance the

text. Presenting the state of the art for this increasingly common condition, Glenohumeral Osteoarthritis in the Young Patient is an ideal resource for orthopedic surgeons and sports medicine specialists alike.

ac joint rehab exercises pdf: Vocational Rehabilitation Gordon Waddell, Vocational Rehabilitation Task Group, A. Kim Burton, Industrial Injuries Advisory Council, Nicholas Kendall, 2008-07-17 The aim of this review was to provide an evidence base for policy development on vocational rehabilitation - defined as whatever helps someone with a health problem to stay at, return to and remain at work. The focus was on adults of working age, the common health problems that account for two-thirds of long-term sickness (mild/moderate musculoskeletal, mental health and cardio-respiratory conditions) and work outcomes (staying at, returning to and remaining in work). Data from some 450 scientific reviews and reports were included in evidence tables. The review demonstrates that there is a strong scientific evidence base for many aspects of vocational rehabilitation, a good business case for it and more evidence on cost-benefits than for many health and social policy areas. Generic and condition-specific findings are reported, and practical suggestions offered for the differing types of people affected by health problems. Vocational rehabilitation should be a fundamental element of government strategy to improve the health of working age people.

ac joint rehab exercises pdf: Epidemiology of Injury in Olympic Sports Dennis J. Caine, Peter A. Harmer, Melissa A. Schiff, 2009-09-22 This new volume in the Encyclopaedia of Sports Medicine series, published under the auspices of the International Olympic Committee, provides a state-of-the-art account of the epidemiology of injury across a broad spectrum of Olympic sports. The book uses the public health model in describing the scope of the injury problem, the associated risk factors, and in evaluating the current research on injury prevention strategies described in the literature. Epidemiology of Injury in Olympic Sports comprehensively covers what is known about the distribution and determinants of injury and injury rates in each sport. The editors and contributors have taken an evidence-based approach and adopted a uniform methodology to assess the data available. Each chapter is illustrated with tables which make it easy to examine injury factors between studies within a sport and between sports. With contributions from internationally renowned experts, this is an invaluable reference book for medical doctors, physical therapists and athletic trainers who serve athletes and sports teams, and for sports medicine scientists and healthcare professionals who are interested in the epidemiological study of injury in sports.

ac joint rehab exercises pdf: 9 Out of 10 Climbers Make the Same Mistakes Dave MacLeod, 2009-11 9 out of 10 climbers are stuck. They are stuck on the same things. Some of the things that hold climbers back from improving their climbing standard are the same as they were twenty years ago: motivation, managing time, and not being able to analyse and correct their own basic technical or tactical errors. But they are also stuck for a new set of reasons. Twenty years ago, the problem was that no one knew how to train for climbing. Information was scarce and couldn't travel fast among the participants. Today, it's the opposite problem. Book after book lists techniques for climbing, exercises for climbing, tips for climbing. Navigating this barrage of information, filtering out the irrelevant and homing in on what matters to your life, your climbing and your circumstances has been the limiting step for today's climber.--Page 4 of cover.

ac joint rehab exercises pdf: Proximal Humerus Fractures Lynn A. Crosby, Robert J. Neviaser, 2014-10-28 Proximal Humerus Fractures includes everything the orthopedic surgeon needs to know about the clinical management of these common shoulder injuries. Although non-operative treatment techniques are addressed and can be used in less severe circumstances, this book focuses mainly on the current operative treatment techniques for proximal humerus and tuberosity fractures, malunions and nonunions, including open reduction, percutaneous pinning, locking plate and intramedullary nail fixation, and humeral head hemiarthroplasty and reverse shoulder arthroplasty. A chapter on complications associated with these types of fractures and their management is also included. Dedicated to a common musculoskeletal injury, especially in athletes and the elderly suffering from osteoporosis, Proximal Humerus Fractures will be a valuable resource

to all orthopedic surgeons and practitioners of sports medicine.

ac joint rehab exercises pdf: WHO guidelines on physical activity and sedentary behaviour , 2020-11-20

ac joint rehab exercises pdf: Shoulder Arthroscopy Benjamin Shaffer, 2003-07-31 Few areas in orthopaedics have witnessed the type of exponential growth that has characterized the current field of arthroscopic shoulder surgery. Certainly a debt of gratitude is owed the early pioneers (both open and arthroscopic), whose passion and skill fostered today's phenomenon. Rapid advances in imaging, electronic communication, instrumentation, and implant technology, have suddenly permitted arthroscopic access to problems once exclusively the province of the open 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.

ac joint rehab exercises pdf: Healthy Shoulder Handbook Karl Knopf, 2010-03-09 Clear information and effective exercises to end pain, regain range of motion, and prevent future injury—includes over 300 photos. Shoulder problems can be debilitating, whether they come from sports injuries or just daily stresses and strains. Healthy Shoulder Handbook outlines the causes for common shoulder conditions, including shoulder impingement, rotator cuff, tendinitis, dislocation, and repetitive motion injuries. Illustrated with over 300 step-by-step photographs, it offers easy-to-follow exercises to:

- Build strength
- Improve flexibility
- Speed up recovery
- Prevent future injury

Healthy Shoulder Handbook also features specially designed programs to reverse or alleviate the strain from high-risk sports and occupations, including construction work, desk jobs, tennis, golf, and more. Follow the approach in this book and you'll be able to quickly get back on the job (or back on the court!) and stay there—pain-free!

ac joint rehab exercises pdf: Mechanics, Pathomechanics and Injury in the Overhead Athlete W. Ben Kibler, Aaron D. Sciascia, 2019-05-07 As clinical interest in overhead athletic injuries is on the upswing, so is greater interest in the factors for performance and injury risk in throwing and other overhead motion. This practical, case-based text is divided into two sections and will present the basic principles of overhead athletes followed by unique clinical case presentations describing different aspects of performance, injury and management in throwing and other overhead athletes. Part I discusses the mechanics and pathomechanics of the overhead motion, along with principles of evaluation, the physical exam, surgical management of both the shoulder and elbow, rehabilitation and return to play, injury risk modification, and the role of the scapula. Unique clinical cases comprise all of part II and follow a consistent format covering the history, exam, imaging, diagnosis and outcome of the chosen intervention. These cases illustrate a cross-section of sports and activities, from the baseball player to the swimmer, and a range of shoulder and elbow problems in pediatric and adult overhead athletes. Providing a unique case-based approach to a growing hot topic, Mechanics, Pathomechanics and Injury in the Overhead Athlete is an ideal resource for orthopedic surgeons, sports medicine specialists, physiatrists, physical therapists, certified athletic trainers and allied medical professions treating active persons of all ages.

ac joint rehab exercises pdf: Therapeutic Exercise William D. Bandy, Barbara Sanders, 2001 This entirely new resource focuses on the implementation of treatment plans and intervention using the newest appropriate therapeutic exercise techniques. It provides descriptions and rationale for

use of a wide range of exercises to improve a patient's function and health status and to prevent potential future problems. The description of the purpose, position and procedure is given for each technique, providing a complete understanding of the exercise. Features include Pediatric and Geriatric Boxes, Case Studies, and Clinical Guidelines. Fourteen contributors in the fields of exercise science and physical therapy make the text a comprehensive, well-rounded overview of therapeutic exercise techniques.

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ac joint rehab exercises pdf: *Shoulder Rehabilitation* Todd S. Ellenbecker, 2011-01-01 Clear treatment guidelines for a range of shoulder disorders This book presents the latest evidence-based information on current non-operative treatment recommendations for shoulder rehabilitation. Addressing a range of shoulder disorders, including glenohumeral joint instability, glenohumeral joint impingement, and frozen shoulder, *Shoulder Rehabilitation: Non-Operative Treatment* provides easy-to-follow guidelines on how to develop rehabilitation plans tailored to the specific needs of the patient. It also covers special topics in shoulder rehabilitation, such as how to modify traditional exercises for shoulder rehabilitation; the use of taping and external devices in rehabilitation; and the use of interval-based sport return programs. Highlights of this text: In-depth coverage of specific shoulder pathologies with key basic science information Detailed descriptions of specific exercise modifications that will help return the active shoulder patient to full activity following physical therapy Extensive use of photographs and figures that illustrate recommended exercise and mobilization techniques An ideal clinical reference, this book will benefit specialists in orthopedics, sports medicine, and physical therapy, as well as students in graduate-level physical therapy and athletic training programs.

ac joint rehab exercises pdf: *Shoulder Concepts 2013: Consensus and Concerns* Guillermo Arce, Klaus Bak, Kevin P Shea, Felix Savoie III, William Benjamin Kibler, Eiji Itoi, Augustus D. Mazzocca, Knut Beitzel, Emilio Calvo, Benno Ejnisman, 2013-05-16 This booklet is intended as an insightful update on daily shoulder management closely based on the content of closed consensus meetings of the International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine (ISAKOS) Upper Extremity Committee (UEC). Section A provides a comprehensive review of the currently available classifications and outcome scores for shoulder disorders, illustrating their potential pitfalls and limitations. The authors emphasize the need for standardization of shoulder assessment and propose two novel classifications that are expected to facilitate tailoring of management. Section B describes pioneering techniques to re-establish shoulder function after dislocation of the acromio-clavicular joint and covers surgical indications and decision-making criteria. Section C describes the current state of evidence concerning rotator cuff disorders, providing novel theories regarding the underlying biomechanics and reconstruction techniques.

ac joint rehab exercises pdf: *Human Dimension and Interior Space* Julius Panero, Martin

Zelnik, 2014-01-21 The study of human body measurements on a comparative basis is known as anthropometrics. Its applicability to the design process is seen in the physical fit, or interface, between the human body and the various components of interior space. *Human Dimension and Interior Space* is the first major anthropometrically based reference book of design standards for use by all those involved with the physical planning and detailing of interiors, including interior designers, architects, furniture designers, builders, industrial designers, and students of design. The use of anthropometric data, although no substitute for good design or sound professional judgment should be viewed as one of the many tools required in the design process. This comprehensive overview of anthropometrics consists of three parts. The first part deals with the theory and application of anthropometrics and includes a special section dealing with physically disabled and elderly people. It provides the designer with the fundamentals of anthropometrics and a basic understanding of how interior design standards are established. The second part contains easy-to-read, illustrated anthropometric tables, which provide the most current data available on human body size, organized by age and percentile groupings. Also included is data relative to the range of joint motion and body sizes of children. The third part contains hundreds of dimensioned drawings, illustrating in plan and section the proper anthropometrically based relationship between user and space. The types of spaces range from residential and commercial to recreational and institutional, and all dimensions include metric conversions. In the Epilogue, the authors challenge the interior design profession, the building industry, and the furniture manufacturer to seriously explore the problem of adjustability in design. They expose the fallacy of designing to accommodate the so-called average man, who, in fact, does not exist. Using government data, including studies prepared by Dr. Howard Stoudt, Dr. Albert Damon, and Dr. Ross McFarland, formerly of the Harvard School of Public Health, and Jean Roberts of the U.S. Public Health Service, Panero and Zelnik have devised a system of interior design reference standards, easily understood through a series of charts and situation drawings. With *Human Dimension and Interior Space*, these standards are now accessible to all designers of interior environments.

ac joint rehab exercises pdf: *Rotator Cuff Disorders* Wayne Z. Burkhead, 1996 A text on the rotator cuff, with nine chapters written by Burkhead himself, and the remaining 24 chapters contributed by nationally and internationally recognized physicians and shoulder surgeons. The volume contains seven sections: history of cuff repair (1 chapter); basic science and the rotator cuff (3 chapters); evaluation and classification of cuff lesions (3 chapters); clinical disorders (10 chapters); conservative treatment of cuff defects and impingement syndrome (2 chapters); arthroscopic management of rotator cuff disease (1 chapter); and surgical management of massive cuff tears and degeneration (13 chapters). Thoroughly illustrated in bandw, with extensive chapter references. Annotation copyright by Book News, Inc., Portland, OR

ac joint rehab exercises pdf: *Textbook of Shoulder Surgery* Ian A. Trail, Lennard Funk, Amar Rangan, Matthew Nixon, 2019-02-26 This textbook provides the most up-to-date information on shoulder surgery along with practical approaches for patient evaluation and treatments options. The book is divided into key sections, providing coverage on Soft Tissue Disorders of the Shoulder, Arthritis of the Shoulder, The Paediatric Shoulder and other miscellaneous topics relevant to treating this area. Its strong clinical focus will help residents and medical students to manage patients in a practical way, based on the most recent scientific evidence and the most effective surgical and non-surgical techniques. Thus, it will become a valuable reference and resource for young doctors and students looking to increase their professional skills and knowledge when treating shoulder injuries and disorders in clinical practice.

ac joint rehab exercises pdf: *Atlas of Functional Shoulder Anatomy* Giovanni Di Giacomo, Nicole Pouliart, Alberto Costantini, Andrea de Vita, 2014-03-14 The anatomy of the shoulder is based on complex joint biomechanics. The purpose of this Atlas is to focus the reader's attention on a series of bone, ligament, muscle and tendon structures and ultrastructures within the shoulder on which only the most recent international literature has reported in specialized journals. This Atlas also presents extremely high-definition images of targeted sections obtained from cadavers

preserved using state-of-art techniques. This unique Atlas, making use of images of major visual impact, offers a scientific message on a topical joint, using simple but dedicated descriptive language.

ac joint rehab exercises pdf: Handbook of Sports Medicine and Science James E. Zachazewski, David J. Magee, 2012-08-10 Handbook of Sports Therapy Services: Organization and Operations is a practical guide, appropriate for each member of the multi-disciplinary Sports Therapy team, to establishing and effectively delivering the diverse therapy services required for athletes at international, national, and regional sporting events.

ac joint rehab exercises pdf: Textbook of Plastic and Reconstructive Surgery Deepak K. Kalaskar, Peter E M Butler, Shadi Ghali, 2016-08-02 Written by experts from London's renowned Royal Free Hospital, Textbook of Plastic and Reconstructive Surgery offers a comprehensive overview of the vast topic of reconstructive plastic surgery and its various subspecialties for introductory plastic surgery and surgical science courses. The book comprises five sections covering the fundamental principles of plastic surgery, cancer, burns and trauma, paediatric plastic surgery and aesthetic surgery, and covers the breadth of knowledge that students need to further their career in this exciting field. Additional coverage of areas in which reconstructive surgery techniques are called upon includes abdominal wall reconstruction, ear reconstruction and genital reconstruction. A chapter on aesthetic surgery includes facial aesthetic surgery and blepharoplasty, aesthetic breast surgery, body contouring and the evolution of hair transplantation. The broad scope of this volume and attention to often neglected specialisms such as military plastic surgery make this a unique contribution to the field. Heavily illustrated throughout, Textbook of Plastic and Reconstructive Surgery is essential reading for anyone interested in furthering their knowledge of this exciting field. This book was produced as part of JISC's Institution as e-Textbook Publisher project. Find out more at <https://www.jisc.ac.uk/rd/projects/institution-as-e-textbook-publisher>

ac joint rehab exercises pdf: Essentials of Strength Training and Conditioning NSCA -National Strength & Conditioning Association, 2021-06-01 Developed by the National Strength and Conditioning Association (NSCA) and now in its fourth edition, Essentials of Strength Training and Conditioning is the essential text for strength and conditioning professionals and students. This comprehensive resource, created by 30 expert contributors in the field, explains the key theories, concepts, and scientific principles of strength training and conditioning as well as their direct application to athletic competition and performance. The scope and content of Essentials of Strength Training and Conditioning, Fourth Edition With HKPropel Access, have been updated to convey the knowledge, skills, and abilities required of a strength and conditioning professional and to address the latest information found on the Certified Strength and Conditioning Specialist (CSCS) exam. The evidence-based approach and unbeatable accuracy of the text make it the primary resource to rely on for CSCS exam preparation. The text is organized to lead readers from theory to program design and practical strategies for administration and management of strength and conditioning facilities. The fourth edition contains the most current research and applications and several new features: Online videos featuring 21 resistance training exercises demonstrate proper exercise form for classroom and practical use. Updated research—specifically in the areas of high-intensity interval training, overtraining, agility and change of direction, nutrition for health and performance, and periodization—helps readers better understand these popular trends in the industry. A new chapter with instructions and photos presents techniques for exercises using alternative modes and nontraditional implements. Ten additional tests, including those for maximum strength, power, and aerobic capacity, along with new flexibility exercises, resistance training exercises, plyometric exercises, and speed and agility drills help professionals design programs that reflect current guidelines. Key points, chapter objectives, and learning aids including key terms and self-study questions provide a structure to help students and professionals conceptualize the information and reinforce fundamental facts. Application sidebars provide practical application of scientific concepts that can be used by strength and conditioning specialists in real-world settings, making the information immediately relatable and usable. Online learning tools delivered through HKPropel

provide students with 11 downloadable lab activities for practice and retention of information. Further, both students and professionals will benefit from the online videos of 21 foundational exercises that provide visual instruction and reinforce proper technique. Essentials of Strength Training and Conditioning, Fourth Edition, provides the most comprehensive information on organization and administration of facilities, testing and evaluation, exercise techniques, training adaptations, program design, and structure and function of body systems. Its scope, precision, and dependability make it the essential preparation text for the CSCS exam as well as a definitive reference for strength and conditioning professionals to consult in their everyday practice. Note: A code for accessing HKPropel is not included with this ebook but may be purchased separately.

ac joint rehab exercises pdf: *Diagnosis and Treatment of Movement Impairment Syndromes* Shirley Sahrmann, 2001-09-04 Authored by an acknowledged expert on muscle and movement imbalances, this well illustrated book presents a classification system of mechanical pain syndromes that is designed to direct the exercise prescription and the correction of faulty movement patterns. The diagnostic categories, associated muscle and movement imbalances, recommendations for treatment, examination, exercise principles, specific corrective exercises, and modification of functional activities for case management are described in detail. This book is designed to give practitioners an organized and structured method of analyzing the mechanical cause of movement impairment syndrome, the contributing factors and a strategy for management. * Provides the tools for the physical therapist to identify movement imbalances, establish the relevant diagnosis, develop the corrective exercise prescription and carefully instruct the patient about how to carry out the exercise program. * Authored by the acknowledged expert on movement system imbalances. * Covers both the evaluation process and therapeutic treatment. * Detailed descriptions of exercises for the student or practitioner. * Includes handouts to be photocopied and given to the patient for future reference.

ac joint rehab exercises pdf: *The Psychology of Sport Injury and Rehabilitation* Monna Arvinen-Barrow, Natalie Walker, 2013 Athletes routinely use psychological skills and interventions for performance enhancement but, perhaps surprisingly, not always to assist in recovery from injury. This book demonstrates the ways in which athletes and practitioners can transfer psychological skills to an injury and rehabilitation setting, to enhance recovery and the well-being of the athlete. Drawing on the very latest research in sport and exercise psychology, this book explores key psychological concepts relating to injury, explaining typical psychological responses to injury and psychological aspects of rehabilitation. Using case studies in every chapter to highlight the day-to-day reality of working with injured athletes, it introduces a series of practical interventions, skills and techniques, underpinned by an evidence-base, with a full explanation of how each might affect an athlete's recovery from injury. The Psychology of Sport Injury and Rehabilitation emphasises the importance of an holistic, multi-disciplinary approach to sports injury and rehabilitation. No other book examines the psychological aspects of both sports injury and the rehabilitation process, and therefore this is an essential resource for students, scholars and practitioners working in sport psychology, sports therapy, sports medicine or coaching.

ac joint rehab exercises pdf: *Ergonomics for Rehabilitation Professionals* Shrawan Kumar, 2009-04-27 Despite the apparently distinct differences between the disciplines of ergonomics and rehabilitation, they deal with the same issues, although at different ends of the spectrum. Keeping this in mind, Ergonomics for Rehabilitation Professionals explores their philosophies and goals, their parallel, divergent, and complementary aspects. It traces the

ac joint rehab exercises pdf: *Shoulder Instability* William Levine, 2009 Helps to improve your care and management of the unstable shoulder. This title discusses arthroscopic management of the unstable shoulder, highlighting technical advances that have helped improve patient outcomes. It also helps to gain insight on the contraindications to arthroscopic instability and on open instability repairs.

ac joint rehab exercises pdf: *OET Nursing* Cambridge Boxhill Cambridge Boxhill Language Assessment, 2018-08-17 From the makers of OET.Test and build your English skills with this official

ac joint rehab exercises pdf: Fractures and Other Injuries Massachusetts General Hospital.
Fracture Clinic, 1958

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Primal Season 1 (2019)/[Primal Season 1 \(2019\) - AcFun](#) ...

ACROMIOCLAVICULAR JOINT RECONSTRUCTION REHAB ...
ACROMIOCLAVICULAR JOINT RECONSTRUCTION REHAB PROTOCOL The purpose of this protocol is to provide a guideline for the postoperative rehabilitation course of a patient that ...

support your acromioclavicular joint. You should always be guided by your physical therapist who may add or delete exercises given your specific injury phase and severity. You will be ...

AC Joint Rehab Protocol (Types I to III) - replayortho.com

Aruna Seneviratne MD Department of Orthopaedic Surgery Tel: (212) 636 8290 Fax: (212) 636 3102
www.replayortho.com 425 West 59th thStreet, 5 floor New York, NY 10019

Arthroscopic Subacromial Decompression - Brigham and ...

• Initiate upper extremity endurance exercises Manual Treatment: • Joint mobilization to improve/restore arthrokinematics if indicated • Joint mobilization for pain modulation ...

Distal Clavicle Resection Rehab Protocol

In general, a home exercise program is provided including pendulum exercises as well as progressive strengthening exercises. The goal during this portion of the rehab is to regain full ...

AC Recon rehab - Dr Steven Flores

ACROMIOCLAVICULAR JOINT RECONSTRUCTION REHABILITATION PROTOCOL ... May progress non contact cardio exercises as tolerated. Anticipate return to overhead activities (ie ...

ACROMIOCLAVICULAR (AC) JOINT RECONSTRUCTION PT ...

ACROMIOCLAVICULAR (AC) JOINT RECONSTRUCTION PT PROTOCOL BRACE INSTRUCTIONS AND RESTRICTIONS RANGE OF MOTION GOALS PT EXERCISES/ ...

Brian Grawe, MD AC Joint Reconstruction Rehabilitation ...

AC Joint Reconstruction Rehabilitation Guidelines Protocol: Brian Grawe, MD Progression is based on healing constraints and functional progression specific to the patient. Phases and ...

ACROMIOCLAVICULAR JOINT (AC) RECONSTRUCTION ...

ACROMIOCLAVICULAR JOINT (AC) RECONSTRUCTION REHABILITATION PROTOCOL . RANGE OF MOTION IMMOBILIZER EXERCISES PHASE I 0-8 weeks . Gentle supine PROM ...

B T D SLAP L - orthoillinois.com

As the tendon travels distally in the glenohumeral joint it is encased in a synovial sheath and is considered to be intraarticular but extrasynovial. It then courses obliquely through the joint and ...

AC Joint Reconstruction Protocol - jondickensmd.com

Begin the following exercises Post-op days 1-7 Hand squeeze exercises ... Supervised rehab: 2-3x per week CRITERIA FOR PROGRESSION: ... chronic AC joint separations. Operative ...

Below are the exercises I use to relieve costochondritis. - My ...

1. Upright Bent-Elbow Chest Stretch - <https://www.youtube.com/watch?v=fnQNg26ZZzE> (min. 11.05) - "Stand facing a wall with one foot back and one foot forward.

REHABILITATION EXERCISE BOOKLET - British Elbow

exercises your full attention. • Try to do the exercises on six days each week with one day off. If you want to get better, you will need to do them on at least four days of the week. • You don't ...

Acromioclavicular joint injury - Queensland Health

joint injury The acromioclavicular (AC) joint is where the clavicle (collarbone) meets the acromion (the bone on the top of the shoulder blade). The joint is held stable by ligaments and a joint ...

AC Joint Reconstruction Guideline - Northwestern Medical ...

The acromioclavicular (AC) joint is the articulation between the scapula and the clavicle. An AC joint separation or dislocation occurs when the restraints that normally secure this joint are ...

Shoulder Separation and Acromioclavicular Joint Injury

The AC joint is where the collarbone (clavicle) meets the highest point of the shoulder blade (acromion). MECHANISM OF INJURY ... pendulum exercises for 3 to 5 minutes every 1 to 2 ...

Acromioclavicular (AC) Joint Reconstruction Rehabilitation

acromioclavicular (AC) joint reconstruction. Every patient is different, so the time points are just guidelines – the emphasis should be on achieving the milestones of each phase prior to ...

Acromioclavicular Osteoarthritis - rehabmypatient.com

Mar 30, 2018 · The acromioclavicular joint (known as the AC joint, or ACJ) is the joint between the clavicle (collar bone) and the acromion (the top of the shoulder blade). The ends of the bones ...

Frisbie Memorial Hospital Gr I/II Acromioclavicular Separation

Sep 21, 2016 · Consult with an orthopedic physician if AC joint pain or chronic symptomatic instability persist Discuss the benefits of completing a CFA program and introduce to CFA staff ...

AC Joint Reconstruction Rehab Protocol - PatientPop

Feb 5, 2023 · AC Joint Reconstruction Rehab Protocol Weeks 0-6: Post Operative Phase (HEP) Sling Immobilizer: At all times Exercises: No shoulder ROM ... Scapular "pinches" Weeks 6-8: ...

IMPINGEMENT SYNDROME (Rotator Cuff Tendinitis, Bursitis)

EXERCISES • Impingement Syndrome (Rotator Cuff Tendinitis, Bursitis) These are some of the initial exercises you may start your rehabilitation program with until you see your physician, ...

Acromioclavicular (AC) Joint Reconstruction Rehabilitation ...

Acromioclavicular (AC) Joint Reconstruction Rehabilitation Protocol ... • Neuromuscular control exercises for glenohumeral and scapulothoracic joints . Andrew Parker, MD 1110 Raintree ...

Subacromial Decompression Protocol - South Shore ...

The shoulder is a wonderfully complex joint that is made up of the ball and socket connection between the humerus (ball) and the glenoid portion of the scapula (socket). The socket portion ...

REHABILITATION PROTOCOL: AC JOINT ...

REHABILITATION PROTOCOL: AC JOINT CORACOCALVICULAR LIGAMENT RECONSTRUCTION Phase 1 (Weeks 0-8) Immobilization in shoulder brace at all times ...

Subacromial Decompression/AC Resection: Postoperative ...

Exercises should be initiated within the first week following surgery. The supervised rehabilitation (outpatient physiotherapy) started after 2 weeks is to be supplemented by a home fitness ...

AC Joint Reconstruction protocol - Gustavel Orthopedics

AC JOINT RECONSTRUCTION POST-OP ACTIVITY GUIDELINES – Gustavel Phase 1: 0-6 weeks post-op ... Clinic Exercises -Manual therapy per patient needs-Progress to gentle ...

Rehabilitation Guidelines for Biceps Tenodesis

The interventions included within this protocol are not intended to be an inclusive list of exercises. Therapeutic interventions should be included and modified based on the progress of the ...

GUIDELINES FOR AC JOINT REPAIR/RECONSTRUCTION ...

GUIDELINES FOR AC JOINT REPAIR/RECONSTRUCTION REHABILITATION Each case can be very different depending on the goals of the patient, the age of the patient, the ... Exercises ...

ACROMIOCLAVICULAR JOINT RECONSTRUCTION REHAB ...

Rehab Protocol - Acromioclavicular Joint Reconstruction ACROMIOCLAVICULAR JOINT RECONSTRUCTION REHAB PROTOCOL The purpose of this protocol is to provide a ...

Rehabilitation Protocol Non-operative Acromioclavicular Joint

Non-operative Acromioclavicular Joint Separation Phase I: Gradual ROM (Injury to 2 weeks) • Ice encouraged for the first week at a minimum: should be used 3-4 times per day. • Sling should ...

JOB LOCATION: PRINERGY 3 - Versus Arthritis

body. The main shoulder joint is a ball-and-socket joint, which allows a very wide range of movement. The joint is surrounded by a tough fibrous sleeve called the capsule, which helps ...

Acromioclavicular Joint Rehabilitation Phase 3 - ahst.co.uk

support your acromioclavicular joint. You should always be guided by your physical therapist who may add or delete exercises given your specific injury phase and severity. You will be ...

Rehabilitation Protocol for Clavicle ORIF - Massachusetts ...

exercises and daily activities such as eating, dressing, and bathing • Sling should be worn while sleeping Precautions • No active motion of involved shoulder • No lifting or carrying objects ...

Jonathan Watson, MD

PRECAUTIONS o Limit motions that increase AC joint stress- IR behind back, cross body adduction, abduction, scapular protraction & retraction, end forward elevation o No ROM ...

Acute AC Separation Non-Operative - Physical Therapy ...

Diagnosis: R / L Grade (1/2/3) AC Separation Frequency: 2-3 times per week for 6-12 weeks, therapy to start immediately after injury *VERY IMPORTANT: THERAPIST MUST OBSERVE ...

Sports & Orthopaedic Specialists - Allina Health

AC Joint Resection / Distal Clavicle Excision ... A PDF of this handout containing instructions and pictures for each exercise can be printed from the ... -First do rehab exercises as part of upper ...

HOME RESISTANCE BASED CARDIAC TRAINING REHAB ...

If you have had prior shoulder problems (rotator cuff tears, separations, AC Joint problems, etc) you should not attempt any resistance or strength training that could lead to injury in that joint. ...

Post-Operative Rehabilitation Protocol for AC Joint ...

Considerations for Post-operative Care in Acromioclavicular Joint Reconstruction Several factors affect rehabilitation outcomes following acromioclavicular joint reconstruction, especially if ...

Shoulder Impingement—Phase I - Vanderbilt University ...

Vanderbilt Sports Medicine towel as shown * Slowly pull upward felt. Complete __ sets of __ repetitions __ times a day * Hold uninvolved arm over shoulder with

Rehabilitation Protocol Non-operative Acromioclavicular ...

Non-operative Acromioclavicular Joint Separation Phase I: Gradual ROM (Injury to 2 weeks) • Ice encouraged for the first week at a minimum: should be used 3-4 times per day. • Sling should ...

Rehabilitation Protocol for SLAP Repair-Type II

• Performs all exercises demonstrating symmetric scapular mechanics • QuickDASH • PENN PHASE VI: EARLY RETURN-TO-SPORT (4-6 MONTHS AFTER SURGERY) Rehabilitation ...

Acromioclavicular joint (ACJ) excision - University Hospital ...

Acromioclavicular joint (ACJ) excision www.uhcw.nhs.uk 2 Exercises The success of your operation will often depend on you following your post-operative guidelines and exercises ...

Post-operative Rehabilitation Protocol - University of Virginia ...

Proprioception exercises—rhythmic stabilization, physioball balance exercises, etc. PNF patterns D1 and D2 resistance as tolerated Isokinetic exercises with 60° block at 30-45° abduction 180, ...

Anterior Shoulder Dislocation: Conservative Protocol

• Joint mobilization of glenohumeral joint, AC joint, SC joint, and scapulothoracic junction if indicated • Joint mobilization of glenohumeral joint may include anterior glides • Initiate gentle ...

Acromioclavicular Joint Arthritis of the Shoulder - Steward

in the joint between the two bones that helps guide the joint movement. As you move your shoulder, the AC joint allows movement to occur between the clavicle and scapula. What is ...

Posterior Labral Repair Rehabilitation Protocol

UVA SPORTS MEDICINE . 515 Ray C. Hunt Drive, Suite 1100, Charlottesville, VA 22903 Phone: 434-243-7778 Fax: 434-243-5075 . Posterior Labral Repair Rehabilitation Protocol

Anterior Glenohumeral Dislocation Rehabilitation Guideline

• Protect anterior joint capsule. • Avoid pushing into shoulder external rotation and horizontal abduction. • Avoid shoulder external rotation at or above 90 degrees of abduction. • Avoid ...

Teaching Home Exercises for the Rehabilitation of Upper ...

A program detailing a range of physical exercises and the amount of time each exercise should be performed Not personalized so that it is usable with the largest patient ... •AC Joint. ...

AC Joint Reconstruction Rehab Protocol Prescription

AC Joint Reconstruction Rehab Protocol Prescription Patient Name: Date: Diagnosis: AC joint instability Frequency: 2-3 visits/week Duration: 4 months Coracoclavicular graft used: ...

ANTERIOR CRUCIATE LIGAMENT (ACL) - Orthopedic ...

Home Exercises An ACL injury is a tear or sprain of the anterior cruciate ligament (ACL), one of the major ligaments in your knee. ACL injuries most commonly occur during sports that involve ...

[Ac Joint Rehab Exercises Pdf](#)

Ac Joint Rehab Exercises Pdf

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