A-C JOINT INJURY ADVICE SHEET

• Wear a sling until the significant pain settles
  o If you are finding yourself cradling your arm, you probably still need a sling.

• For the first 2-3 days, ice the shoulder for 20 mins every few hours.

• Once the acute pain settles, begin gentle movements.
  o Start with forwards and up
  o Progress to out to side and up
  o Lastly move across your body (elbow towards opposite shoulder)

• Once you have better movement:
  o Start with wall push-ups (3 lots of as many as you can do comfortably)
  o Progress to kneeling push-ups
  o Progress to normal push-ups

• See a physio if needed for advice on exercises and rehabilitation after approximately one week.

Disclaimer: This health information is for general education purposes only and is intended to be a reminder of education provided by your health professional after a thorough examination.
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• It takes roughly six weeks for the ligaments around the shoulder to tighten up again, however you may always have a bump at the joint. This is usually just cosmetic and does not impede function.

• You should not recommence full sports until you have full movement and are able to do push-ups (which are an example of controlled falling) without pain – however long that takes.