

# A-C JOINT INJURY ADVICE SHEET

- Wear a sling until the significant pain settles
  - 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.
  - Start with forwards and up
  - Progress to out to side and up
  - Lastly move across your body (elbow towards opposite shoulder)
- Once you have better movement:
  - Start with wall push-ups (3 lots of as many as you can do comfortably)
  - Progress to kneeling push-ups
  - Progress to normal push-ups
- See a physio if needed for advice on exercises and rehabilitation after approximately one week.

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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.

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