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Physical Therapy Grade I-III Acromioclavicular Sprain Non-Operative Protocol

Phase I – Maximum Protection (0 to 1 week):

- Sling – for comfort
- Ice and modalities to reduce pain and inflammation
- Begin passive progressing to active range of motion (gradual progression to full range of motion in all planes)
- Shoulder pulleys and wand program; flexion and abduction

Phase II – Progressive ROM and early strengthening (Weeks 1 to 2):

- Maintain program as outlined
- Initiate terminal range of motion stretching in all planes
- Begin TB rotator cuff strengthening
- Begin light closed chain exercises
- Scapular strengthening exercises
- Proprioception drills emphasizing neuromuscular control

*** Patient may return to activity at this point with a strength test > 90% and full motion. AC pad for contact sports.**

Phase III – Progressive Strengthening Phase (Weeks 2 to 4):

- Continue with terminal stretching
- Advance rotator cuff and scapular strengthening
- Advance closed chain exercises
- Proprioception and neuromuscular control drills – rebounder drills
- Manual resistance and PNF patterns
- Begin gym strengthening as tolerated with a slow progression on pressing and closed chain exercises.

Phase IV – Advanced Strengthening (Weeks 4 to 12):

- Continue with end range stretching
- Continue with RC and gym strengthening as outlined in weeks 2-4
- Continue to advance closed chain strengthening
- MMT RC and Scapular stabilizers for return to sport. Must test > 90% compared to the uninvolved.

*** Bench and overhead press strength will progress slowly, advance as symptoms allow.**