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## Non-operative AC separation Protocol

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
<p><b>Phase 1 (0-4 weeks)</b></p> <p>Goals:</p> <ul style="list-style-type: none"> <li>● Pain control</li> <li>● Elbow ROM</li> <li>● Decrease swelling</li> </ul>	<p>Sling x 2-4 weeks for comfort</p> <p>May come out for elbow ROM, work at waist level</p> <p>No weightbearing</p>	<ul style="list-style-type: none"> <li>● Pull passive ROM to tolerance allowed</li> <li>● Kinesiotape for AC joint</li> </ul> <p>Modalities:</p> <ul style="list-style-type: none"> <li>● Cryotherapy</li> <li>● Edema control</li> </ul>	<ul style="list-style-type: none"> <li>● Neck, elbow, wrist ROM</li> <li>● Scapular retraction and depression</li> <li>● Pendulums</li> <li>● Deltoid isometrics</li> <li>● Passive ROM and AAROM when pain/inflammation tolerates</li> </ul>
<p><b>Phase 2 (4-8 weeks)</b></p> <p>Goals:</p> <ul style="list-style-type: none"> <li>● Full PROM</li> <li>● Begin active assist and AROM</li> </ul>	<p>Out of sling at 4 weeks at the latest</p> <p>5lb. weightbearing limit below shoulder level</p> <p>No prolonged overhead use</p>	<ul style="list-style-type: none"> <li>● Progress AAROM and active ROM</li> </ul> <p>Modalities:</p> <ul style="list-style-type: none"> <li>● Gentle Massage</li> <li>● Cryotherapy</li> </ul>	<ul style="list-style-type: none"> <li>● Continue neck, elbow, hand ROM</li> <li>● Continue pendulums</li> <li>● Active ROM ER and IR, FE and Scaption</li> <li>● Isometrics ER and IR, Biceps and Triceps</li> <li>● Active ROM sidelying ER, FE and Scaption, Salutes (lawn chair progression), prone extension and horizontal abduction</li> <li>● Cuff strengthening</li> <li>● Low load prolonged stretching: towel internal rotation, cross arm, sleeper, 90/90 abd/ER</li> </ul>
<p><b>Phase 3 (8+ weeks)</b></p>	<p>Kinesiotape prn</p>	<p>Full active and passive ROM</p>	<p>Finalize strengthening, return to full activity</p>