

## NONOPERATIVE AC SEPARATION PHYSICAL THERAPY PROTOCOL/PRESCRIPTION

**Name:** \_\_\_\_\_**Date:** \_\_\_\_\_**Diagnosis:** \_\_\_\_\_**Date of Surgery :** \_\_\_\_\_**Type I Injury** \_\_\_\_\_**Days 1-7:**

- Ice + NSAIDs
- Shoulder sling for 5-7 days– rest as needed
- AROM fingers, wrist and elbow
- Begin Pendulum Exercises – day 2 or 3

**Days 7-10**

- Shoulder isometrics trapezius and deltoid muscles
- Discontinue sling
- AROM and strengthening as symptoms allow
- Posture training, strengthening of trapezius, deltoid, rotator cuff and scapular musculature
- Return to sport 2-3 weeks, full painless ROM

**Type II Injury** \_\_\_\_\_**Days 1-7:**

- Ice for 24-48 hours NSAIDs
- Sling for comfort 1-2 weeks
- AROM fingers, wrist and elbow

**Days 7-14:**

- Gentle ROM of shoulder
- Allow use of arm for ADL
- Discontinue sling
- Posture training, strengthening of trapezius, deltoid, rotator cuff and scapular musculature

**Day 14+:**

- Progressive full AAROM > AROM of the shoulder
- Shoulder strengthening
- Return to sport 4-6 weeks, full painless ROM

**Type III Injury \_\_\_\_** **Day 1-7:**

- Ice for 24-48 hours NSAIDs
- Sling for comfort 1-2 weeks
- AROM fingers, wrist and elbow

 **Day 7 -14:**

- Gentle ROM of shoulder
- Allow use of arm for ADL

 **Day 14-21:**

- Discontinue sling
- Posture training, strengthening of trapezius, deltoid, rotator cuff and scapular musculature

 **Day 21+:**

- Progressive full AAROM > AROM of the shoulder
- Shoulder strengthening
- Return to sport 6-12 weeks, full painless ROM

**Comments:****Frequency:** \_\_\_\_ **times per week****Duration:** \_\_\_\_\_ **weeks****Signature:** \_\_\_\_\_**Date:** \_\_\_\_\_