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AC Separation- Non-Operative Treatment

Phase I- Rest/Healing Phase (0-3 weeks)

- Upper Extremity sling
- No shoulder ROM, OK to do elbow and wrist ROM
- No lifting with injured arm
- Return visit in 3-4 weeks to assess progress

Phase II- Protection/Range of Motion Phase (4-6 weeks)

- Discontinue sling
- Start gentle shoulder motion
- No lifting >5 lbs with injured arm

Phase III- Strengthening/Return to sport (6+ weeks)

- Rotator cuff strengthening/scapular stabilization
- Progress shoulder motion/mobility
- Gradually increase resistance and weight bearing in injured arm
- Return to sport when: No pain, No weakness, Full range of motion