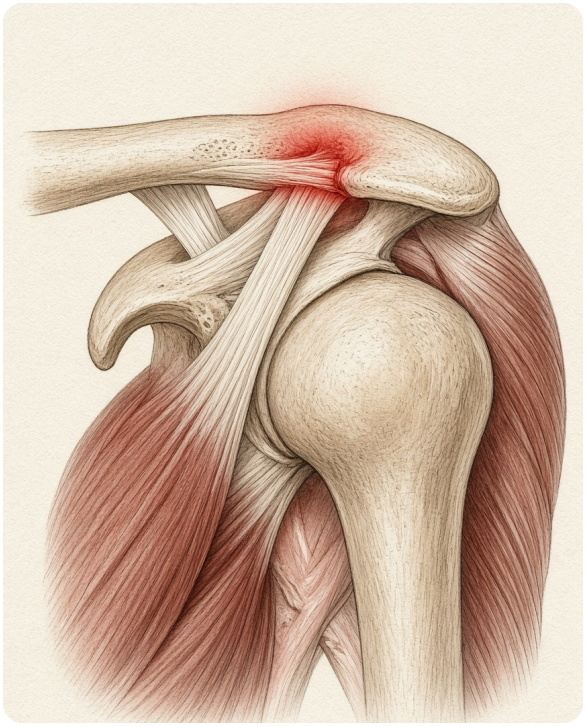
ARMIN PHYSIO



PATIENT GUIDE

AC Joint Sprain

Pain right on top of your shoulder? It could be an **AC joint sprain.**

Armin Ghayyur
Physiotherapist · arminphysio.com

What is an AC joint sprain?

The AC (acromioclavicular) joint is where your collarbone meets your shoulder blade, on top of the shoulder. A sprain happens when the ligaments holding it together are stretched or torn, often after a fall or a direct hit to the shoulder. Gradually restoring movement and strengthening the muscles around it can help you get back to normal activity or sport.

QUICK CHECK

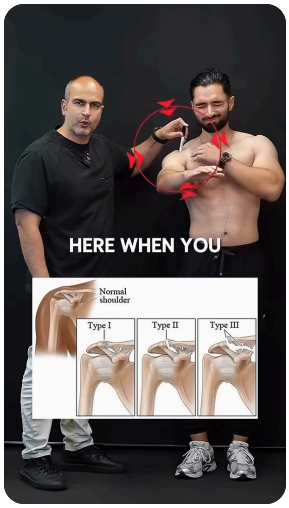
Does this sound like you?

- [ ] Pain **in this region**, right on top of the shoulder
- [ ] Pain when you **bring your arm across your body**
- [ ] Pain when you **bring your arm above your head**
- [ ] Pain with **pushing** movements
- [ ] **Swelling or a noticeable bump** on top of the shoulder (more significant injuries)

If you ticked a few boxes, your AC joint could be the problem. Try the 3 exercises on the next pages.



Pain right on top of the shoulder



Pain bringing the arm across the body

YOUR 3 EXERCISES

Try these exercises

1 Band across the body

Builds your tolerance for reaching across your body





1. Hold on to a band like so with your **palm facing up**.
2. Try to **go across the body**, building your tolerance for this range.
3. Stay in a **pain-free range** of motion and repeat.

3 sets of 10–15 reps, slow and controlled

From Armin's video description

Stop if you feel sharp pain that doesn't settle, or numbness or tingling down your arm.

2 Overhead band pull-apart

Builds your abduction tolerance





1. Hold on to a band like so.
2. Try to **pull that band right apart**.
3. **Bring your hands above your head** as much as you can tolerate.
4. **Slowly lower it back down** and repeat.

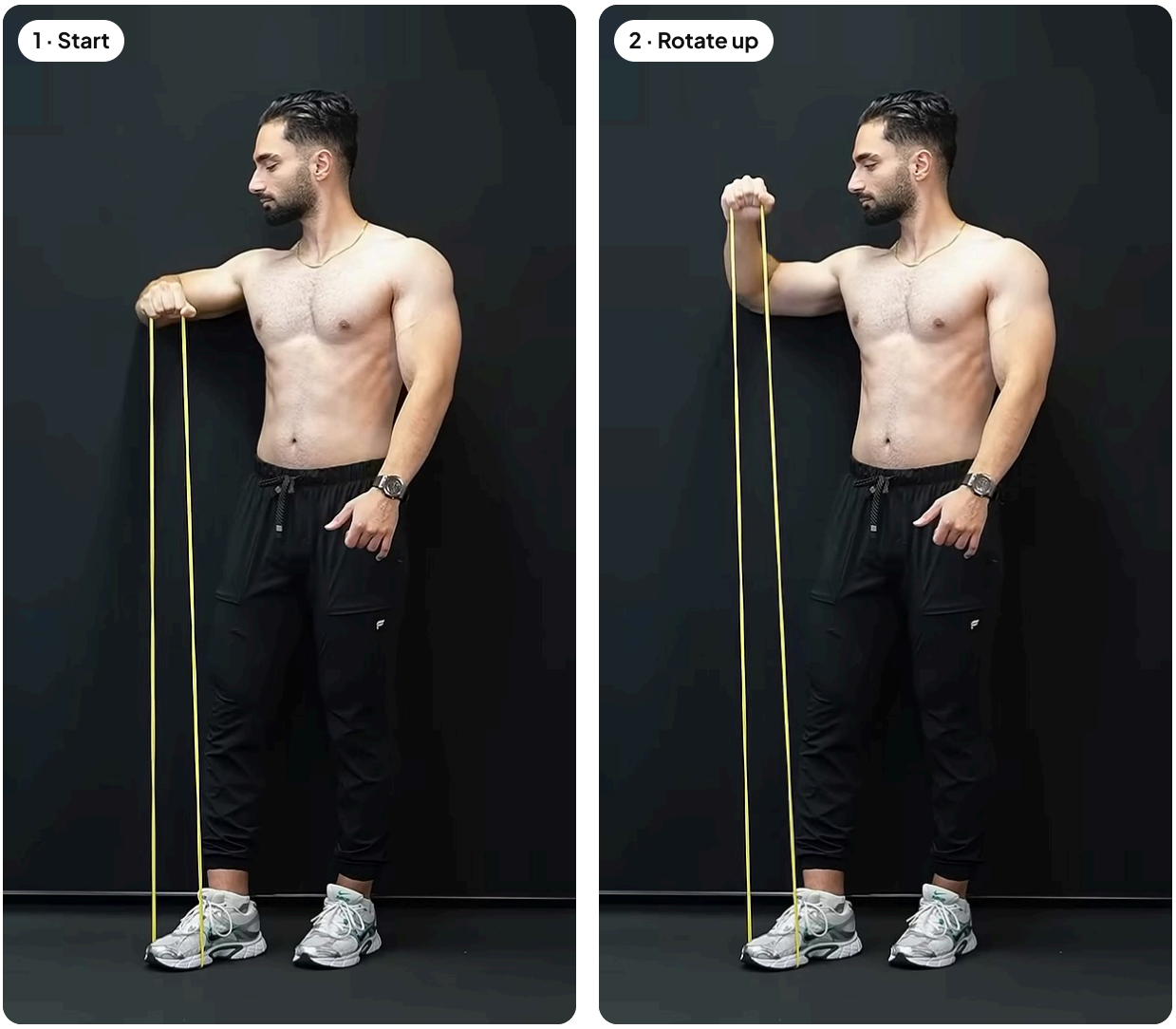
3 sets of 10–15 reps, slow and controlled

From Armin's video description

Stop if you feel sharp pain that doesn't settle, or numbness or tingling down your arm.

3 Band external rotation

Builds your shoulder’s tolerance for external rotation



1. Hold on to a band like so, with your **elbow up** and the band under your foot.
2. Try to get into **external rotation** at the shoulder joint, rotating your forearm up.
3. Go to a **point you can tolerate**.
4. **Come back down slowly** and repeat.

3 sets of 10–15 reps, slow and controlled

From Armin’s video description

> *“Build that joint’s tolerance for external rotation.”*
> — Armin

Stop if you feel sharp pain that doesn’t settle, or numbness or tingling down your arm.

DAILY ROUTINE · ABOUT 10–15 MINUTES

Put it together

01
Range
Band across the body, 3 sets of 10–15

02
Overhead
Band pull-apart, 3 sets of 10–15

03
Rotate
Band external rotation, 3 sets of 10–15

Sets and reps are from Armin's video description; doing it once a day is a suggestion. Stay in a pain-free range and move slowly and with control.

Stop the exercise if you notice

- Sharp, pinching pain that gets worse as you go
- Pain that lingers or is worse the next day
- Numbness, tingling or weakness in your arm

If an exercise keeps causing these, stop it and get assessed.

SAFETY FIRST

Get checked right away if you have

- Shoulder pain after a **fall or accident**, especially if the shoulder **looks out of place**
- **Chest pain, shortness of breath**, sweating, or pain spreading to your **jaw or arm**
- Suddenly **can't lift your arm** at all, or major weakness that came on quickly
- A shoulder that is **hot, red and swollen**, or shoulder pain with a **fever**
- **Numbness, tingling or weakness** spreading down your arm
- **Constant pain at night** that doesn't ease with rest, or **unexplained weight loss**

Call 911 for chest pain or trouble breathing. For the others, see a doctor right away or go to the nearest emergency department. If your shoulder isn't improving after a few weeks, **book an assessment**.

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NEED MORE HELP?

Book an assessment with Armin

In clinic or virtually. See current options and times at the link.

Scan to book

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EMAIL
info@arminphysio.com

WEBSITE
arminphysio.com

INSTAGRAM
@arminphysio

TIKTOK
@armin.phys1o

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Disclaimer: This handout is for education only. It is not a diagnosis or medical advice and does not replace an assessment by a qualified health professional. If you're unsure whether these exercises are right for you, check with your physiotherapist or doctor first.

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