



C. Lucas Myerson, MD

Shoulder and Elbow Surgery

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PT Protocol - AC Joint Arthritis

Plan

- Educate patient on posture and ergonomics.
- Control pain with medications, joint/soft tissue mobilization, and modalities.
- Progress exercises through flexibility, strengthening, and stabilization phases.

Exercises

- Shoulder and scapular mobility and stretching
- Rotator cuff strengthening (progress from isometrics → bands → light weights)
- Scapular stability drills
- Core strengthening
- Consistent home program

Precautions

- Limit provocative motions: cross-body adduction, extreme flexion/IR.
- Avoid overhead presses, bench, dips, pec flies, lat pulldown behind neck.
- Begin below shoulder level, progress gradually.
- Use high-rep, low-weight approach.
- Avoid long lever strengthening early.
- Monitor for bursitis flare-ups.

Modalities

- Heat and Ice, Ultrasound, Iontophoresis, Phonophoresis, Therapists' discretion, TENS, Trigger point massage

Evaluation and others

- Teach home exercise program

Learn More About Your Condition:

Visit Dr. Myerson's website to learn more about your condition:

www.lucasmysonmd.com

