**Protocol for Protective Padding to an AC sprain**

Purpose: To protect AC joint underneath shoulder pad while allowing continued participation for athlete in certain sports.

**Steps:**

1. As demonstrated by photos below, appropriate Gel Pad is cut to be placed over AC joint.
2. Cover Roll is used to keep gel held down throughout participation in practice.

**Modifications:**

1. Other materials just as useful include foam, plastic, and taping techniques.
   1. Depends on what is available and the budget for the Athletic Training (i.e. High School vs. College/Professional setting)