***ACROMIOPLASTY / DISTAL CLAVICLE EXCISION***

***REHABILITATION PROTOCOL FOR MR SAITHNA’S PATIENTS***

LABEL:

DATE OF SURGERY:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

0 - 4 Weeks:

Sling for comfort only – discontinue by post-op day 2-5

Elbow/wrist/hand + Pendulum exercises

Active Assisted ROM – progress to Active ROM as tolerated

4 - 8 Weeks:

Progress active ROM

Terminal stretches

May begin light theraband strengthening at week 6

\*\* - if distal clavicle excision performed:

limit horizontal abduction and cross-body adduction X 6-8 wks

8 - 12 Weeks:

Continue Active ROM

Progress strengthening

Scapular stabilization

Work or sport-specific exercises as tolerated

12 – 16 Weeks:

Return to manual work or sports

**MODIFICATIONS TO PROTOCOL:**

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