**Subacromial Decompression; Distal Clavicle Excision**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Diagnosis: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date of Surgery: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Frequency: 1 2 3 4 times / week Duration: 1 2 3 4 5 6 Weeks

**\_\_\_\_\_\_ Weeks 1-4**

• PROM -> AAROM -> AROM as tolerated

• With a distal clavicle resection, NO cross-body adduction until 8 weeks post-op; otherwise, all else is the same in this rehab program

• ROM goals: 140º FF/40º ER at side

• No abduction-rotation until 4-8 weeks post-op

• No resisted motions until 4 weeks post-op

• D/C sling at 1-2 weeks post-op; sling only when sleeping if needed

• Heat before/ice after PT sessions

 **\_\_\_\_\_\_Weeks 4-8:**

• D/C sling totally if not done previously

• Increase AROM in all directions with passive stretching at end ranges to maintain shoulder flexibility

• Goals: 160º FF/60º ER at side

• Begin light isometrics with arm at side for rotator cuff and deltoid; can advance to bands as tolerated

• Heat before PT / Ice after PT

• Physical modalities per PT discretion

**\_\_\_\_\_\_Weeks 8-12:**

• Advance strengthening as tolerated: isometrics -> bands -> weights; 10 reps/1 set per rotator cuff, deltoid, and scapular stabilizers

• Only do strengthening 3x/week to avoid rotator cuff tendonitis

• If ROM lacking, increase to full with passive stretching at end ranges

• Begin eccentrically resisted motions, plyometrics, and closed chain exercises

Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_