



# ADVANCED ORTHOPAEDIC SPECIALISTS



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## SUBACROMIAL DECOMPRESSION/DISTAL CLAVICLE EXCISION\* REHABILITATION PROTOCOL

	Range of Motion	Immobilizer	Avoid	THERAPEUTIC EXERCISE
<b>PHASE I</b> 0 - 4 weeks	Passive to active range as tolerated <b>ROM Goals:</b> 140° forward flexion, 40° external rotation at side, internal rotation behind back with gentle posterior capsule stretching. <b>No</b> abduction or 90/90 external rotation until 4-8 weeks post-op	<b>0-2 weeks:</b> sling to be worn for comfort only <b>2-4 weeks:</b> discontinue use of sling	Avoid lifting, pushing or pulling anything that weighs more than 10 pounds.	Grip strengthening, pulleys/canes, elbow/wrist/hand ROM, Codman's, <b>NO</b> resisted motions
<b>Phase II</b> 4 - 8 weeks	Increase range of motion as tolerated <b>ROM Goals:</b> 160° forward flexion, 60° external rotation at side, internal rotation with gentle posterior capsule stretching behind back and at 90° of abduction	None	Sudden strenuous activity	Begin light isometrics with arm at side, rotator cuff and deltoid. Advance to therabands as tolerated, passive stretching at end ranges to maintain flexibility.
<b>Phase III</b> 8 - 12 weeks	Progress to full active motion without discomfort	None	Nothing	Advance strengthening as tolerated, begin eccentrically resisted motions, and closed chain activities.

\*If a distal clavicle excision is performed, horizontal adduction is restricted for 8 weeks post-op