

SUBACROMIAL DECOMPRESSION/DISTAL CLAVICLE EXCISION* REHABILITATION PROTOCOL

	RANGE OF MOTION	IMMOBILIZER	THERAPEUTIC EXERCISE
PHASE I 0 - 4 weeks	Passive to active range as tolerated ROM Goals: 140° forward flexion, 40° external rotation at side, internal rotation behind back with gentle posterior capsule stretching No abduction or 90/90 external rotation until 4-8 weeks post-op	0-2 weeks: sling to be worn for comfort only 2-4 weeks: discontinue use of sling	Grip strengthening, pulleys/canes, elbow/wrist/hand ROM, Codman's, NO resisted motions
PHASE II 4 - 8 weeks	Increase range of motion as tolerated ROM Goals: 160° forward flexion, 60° external rotation at side, internal rotation with gentle posterior capsule stretching behind back and at 90 °of abduction	None	Begin light isometrics with arm at side, rotator cuff and deltoid - advance to therabands as tolerated, passive stretching at end ranges to maintain flexibility
PHASE III 8 - 12 weeks	Progress to full motion without discomfort	None	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

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