

# Sheena Black, MD

Orthopedic Surgeon

Sports Medicine Specialist



www.sheenablackmd.com

## DISTAL CLAVICLE EXCISION

<u>Postop</u>	<u>Goals</u>	<u>Range of Motion</u>	<u>Shoulder Immobilizer</u>	<u>Exercises</u>
<b>Phase I</b> <b>Weeks 0-4</b> PT 1-2x/ week HEP daily	Protect surgical repair	<b>No horizontal adduction x 8 weeks</b>  Other PROM as tolerated	<b>0-2 weeks:</b> worn for comfort only  <b>2-4 weeks:</b> discontinue	<b>0-2 weeks:</b> elbow/wrist/hand ROM; pendulums; wall stretch  <b>2-4 weeks:</b> add grip strengthening; pulleys/canes  Deltoid & cuff isometrics  Begin scapular protraction/ retraction
<b>Phase II</b> <b>Weeks 4-8</b> PT 2-3x/ week HEP daily	Protect surgical repair	<b>No horizontal adduction x 8 weeks</b>  Increase other ROM as tolerated to full	None	Advance isometrics with arm at side for rotator cuff and deltoid  Advance to therabands and dumbbells as tolerated; capsular stretching at end-ROM to maintain flexibility
<b>Phase III</b> <b>Weeks 8-12</b> PT 2-3x/ week HEP daily	Protect surgical repair	Progress to full without discomfort	None	Advance strength training as tolerated  Begin eccentrically resisted motions and closed chain activities  Advance to sport and full activity as tolerated after 12 weeks

### AMENDMENTS TO PROTOCOL FOR CONCOMITANT PROCEDURES

- BICEPS TENODESIS:** Weeks 0-4: no active elbow flexion. → Weeks 4-8: begin biceps isometrics. → Weeks 8+: begin biceps resistance training.

**IF QUESTIONS: PLEASE CALL 469-800-7200**

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