



Distal Clavicle Excision

<u>Postop</u>	<u>Goals</u>	<u>Range of Motion</u>	<u>Shoulder Immobilizer</u>	<u>Exercises</u>
Phase I Weeks 0-4 PT 1-2x/ week HEP daily	Protect surgical repair	No horizontal adduction x 8 weeks Other PROM as tolerated	0-2 weeks: worn for comfort only 2-4 weeks: discontinue	0-2 weeks: elbow/wrist/hand ROM; pendulums; wall stretch 2-4 weeks: add grip strengthening; pulleys/canes Deltoid & cuff isometrics Begin scapular protraction/ retraction
Phase II Weeks 4-8 PT 2-3x/ week HEP daily	Protect surgical repair	No horizontal adduction x 8 weeks 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
Phase III Weeks 8-12 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.