



Distal Clavicle Excision

Post-Operative Rehabilitation Protocol

0-4 weeks

- Shoulder abduction sling on at all times x 2 weeks, taken off only for exercises and hygiene
 - May remove sling for shower but maintain arm in sling position
- PROM as tolerated with the following exceptions:
 - 0-2 weeks:
 - Elbow/wrist/hand ROM
 - Pendulums
 - Wall stretch at home per instruction sheets
 - 2-4 weeks:
 - Grip strengthening
 - Pulleys/canes
 - Elbow/wrist/hand ROM
 - Pendulums
 - Deltoid, cuff isometrics
 - Begin scapular protraction/retraction

4-8 weeks

- Advance isometrics with arm at side, rotator cuff and deltoid
- Advance to TheraBand's and dumbbells as tolerated,
- Capsular stretching at end-ROM to maintain flexibility

8-12 weeks

- Advance strength training as tolerated
- Begin eccentrically resisted motions and closed chain activities
- Advance to sport and full activity as tolerated after 12 weeks

Shoulder Abduction Sling

Sling on at all times x 2 weeks, taken off only for exercises and hygiene

ROM Restrictions

PROM beginning POD 1.



Exercise	Week													
	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Initial Exercises:														
Active ROM: Elbow, Wrist, & Hand														
Pendulums														
Supine Elevation in Scapular Plane (140°)														
Scapular Stabilization														
Deltoid Isometric in Neutral														
Passive ROM														
Pulley/Cane Exercises														
Sling Discontinuation														
Advanced Exercises:	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Begin Active ROM														
Light Resisted Isometrics														
Light Stretching at End Ranges														
Upper Body Ergometer														
Eccentrically Resisted Motions/Plyometrics														
Sports Related Rehab														
Cardiovascular Exercises:	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Bike														
Elliptical Trainer														
Rowing														
Stair stepper														
Agility Exercises:	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Running Progression														
Functional Sports Test														
High Level Activities:	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Golf Progression														
Return to Throwing														
Return to Throwing from the Pitcher's Mound														
Return to Full/Collision Sport at 4-6 months post-op														

Adapted from post-operative protocol created by Howard Head Physical Therapy, Jill Monson, PT, OCS and Jon Schoenecker, PT, OCS, CSCS