

SUBACROMIAL DECOMPRESSION/DISTAL CLAVICLE EXCISION PROTOCOL

SLING FOR COMFORT ONLY (typically 1-2 weeks)

Week 1-2

Pendulum Exercises

Elbow / Wrist / Hand Range of Motion

Passive Range of Motion

(may begin immediately post-op as limited by discomfort)

Forward Flexion 180

External rotation 90 (abducted arm) or 45 (adducted arm)

Internal Rotation Full

Incorporate Active Assisted Motion as tolerated

*No abduction or 90/90 external rotation until 4 weeks postop IF Distal Clavicle done

Week 2-4

Active Range of Motion

Full motion

Full Rehab as Tolerated

Resistance Exercises

External and Internal Rotation

Standing Forward Punch

Seated Rows

Shoulder Shrugs

Biceps Curls

Bear Hugs

*If a distal clavicle excision is performed, horizontal adduction is restricted for 8 weeks

Weight Training Activity (week 3 and beyond)

Keep hands within eyesight, keep elbows bent

Minimize overhead activity

(avoid military press, lat pull-down behind head, wide grip bench-press)

Return to Activity Guidelines

Return as tolerated gradually, avoiding pain

No Specific restrictions