

## SUBACROMIAL DECOMPRESSION/DISTAL CLAVICAL EXCISION

### REHABILITATION PROTOCOL

#### *Post-Operative Physical Therapy Protocol*

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|                                | <b>RANGE OF MOTION</b>   | <b>IMMOBILIZER</b>  | <b>THERAPEUTIC EXERCISE</b>  |
|--------------------------------|--|---|--|
| <b>PHASE I</b><br>0-4 weeks    | Passive to active range as tolerated<br>ROM goals:<br>140° of forward flexion, 60° of external rotation at side, internal rotation behind back with gentle posterior capsule stretching        | <b>0-2 weeks:</b> sling to be worn for comfort only<br><b>2-4 weeks:</b> discontinue use of sling | Grip strengthening, pulleys/canes, elbow/wrist/hand active ROM, Codman's <b>gentle resisted motions</b>  |
| <b>PHASE II</b><br>4-8 weeks   | Increase ROM as tolerated<br>ROM goals:<br>160° forward flexion, 80° 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<br>Modalities as needed |
| <b>PHASE III</b><br>8-12 weeks | Progress to full motion without discomfort   | None  | Advance strengthening as tolerated, begin eccentrically resisted motions and closed chain activities   |