

Acromioplasty with or without Distal Clavicle Excision Protocol

Name: _____ Date: _____

Diagnosis: _____

Date of Surgery: _____ Next Physician Appointment: _____

Frequency: 1 2 3 4 times/week Duration: 1 2 3 4 5 6 Weeks

_____ Weeks 1-4:

- Sling for comfort, d/c sling at 1-2 weeks post-op, use only if needed for sleeping
- PROM → AAROM → AROM as tolerated
- With a distal clavicle resection, hold cross-body adduction until 8 weeks post-op; otherwise, all else is the same in this rehab program
- ROM goals: 140° FF/40° ER at side
- No abduction-rotation until 4-8 weeks post-op
- No resisted motions until 4 weeks post-op
- Heat before/ice after PT sessions

_____ Weeks 4-8:

- Increase AROM in all directions with passive stretching at end ranges to maintain shoulder flexibility
- Goals: 160° FF/60° ER at side
- Begin light isometrics with arm at side for rotator cuff and deltoid; can advance to bands as tolerated
- Physical modalities per PT discretion

_____ Weeks 8-12:

- Advance strengthening as tolerated: isometrics → bands → weights; 10 reps/1 set per rotator cuff, deltoid, and scapular stabilizers
- Only do strengthening 3x/week to avoid rotator cuff tendonitis
- If ROM lacking, increase to full with passive stretching at end ranges
- Begin eccentrically resisted motions, plyometrics, and closed chain exercises.

Comments:

_____ Teach Home Exercise Program

Modalities

_____ Heat before _____ Ice after _____ Other _____

_____ Therapist's discretion

Signature _____