





Twincitiesshoulderandelbow.com Dr. Chad Myeroff's Rehabilitation Protocol

Distal Clavicle Excision (open or arthroscopic)

Three times per day home exercise program including:

Phase 1: Week 0-6 (1st PT visit scheduled to follow on day of 2-week post-op surgical visit)

- Maintain sling use x2 weeks except for hygiene and TID therapy
 - Wean from sling at 2 weeks
- POD 1: hygiene, finger, wrist, elbow AROM
- POD 7-10 (at 1st therapy visit): Formal PT AND Three time daily (TID) home exercise program (HEP)
 - Add unrestricted shoulder PROM, rhomboid isometrics
 - Progress AAROM → AROM → Phase I and II cuff and periscapular strengthening as able
- OK to use arm for ADLs
- No lifting > weight of coffee cup

Phase 2: Week 6-12

- Use arm as tolerated
- Independent home exercise program
- Return to play
- Work hardening program

More info: twincitiesshoulderandelbow.com/acromioclavicular-arthritis-shoulder-elbow-specialist-minneapolis-saint-paul.html

This document does not necessarily represent the opinion of these parent health organizations. It is designed in good faith to increase your understanding of this injury and your treatment options. It does not replace the opinion, discussion, and treatment from a trained medical professional.