

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