

Shoulder Arthroscopy with Distal Clavicle Excision Rehabilitation Protocol

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PT Frequency: 2-4 times per week

ROM Restrictions: No cross-body/horizontal adduction until 8 weeks

Brace: Sling for comfort only 0-2 weeks

Phase I: Week 0-4

- Sling x 0-2 weeks for comfort only
- 0-2 weeks: Elbow, wrist, hand ROM, shoulder pendulums, wall stretch at home
- 2-4 weeks: Grip strengthening, pulleys/canes, elbow/wrist/hand ROM, pendulums
- Deltoid cuff isometrics
- Begin scapular protraction/retraction
- Passive to Active shoulder ROM as tolerated
- **No** cross-body adduction until 8 weeks

Phase II: Weeks 4-8

- Increase ROM to full as tolerated
- Advance isometric with arm at side, rotator cuff and deltoid
- Advance to TheraBand and dumbbells as tolerated
- Capsular stretching at end-ROM to maintain flexibility
- **No** cross-body adduction until 8 weeks

Phase III: Weeks 8-12

- Advance to full, pain-free ROM
- Advance strengthening as tolerated
- Begin eccentrically resisted motion and closed chain activities
- Advance to sport and full activity as tolerated after 12 weeks