



ACROMIOPLASTY WITH OR WITHOUT DISTAL CLAVICLE RESECTION PROTOCOL

Weeks 1-4:

- 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
• DIC sling at 1-2 weeks post-op; sling only when sleeping if needed
• Heat before/ice after PT sessions

Weeks 4-8:

- D/C sling totally if not done previously
• 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:

___ Functional Capacity Evaluation ___ Work Hardening/Work Conditioning ___ Teach HEP

Modalities:

___ Electric Stimulation ___ Ultrasound ___ Iontophoresis ___ Phonophoresis
___ TENS ___ Heat before/after ___ Ice before/after ___ Trigger points massage
___ Therapist's discretion
___ Other _____

Signature: _____ Date: _____