

Distal Clavicle Excision Dr. Matthew Hwang

Limit Horizontal Adduction x 8 weeks post op

Time Frame	Treatment	Goals
Phase I 0-4 weeks	Sling immobilization for comfort PROM -> AAROM-> AROM as tolerated IR behind back with gentle posterior capsular stretch No abd IR or ER (90/90) until 4-8 weeks post op Codman's, Pulleys, wand P-AAROM Elbow, wrist and hand AROM Grip Strengthening No resistive ex. Cryotherapy as indicated.	D/C sling at 2 weeks post op 140 Flexion 40 ER at side
Phase II 4-8 weeks	Increase Flexion, IR/ER to full motion as tolerated Light isometrics with arm at side for RC and deltoid Advance to theraband as tolerated Modalities PRN	160 Flexion 60 ER at side
Phase III 8-12 weeks	Advance strengthening as tolerated Isometrics -> theraband -> weights Begin eccentrically resisted motions, closed chain ex, plyometrics	Full AROM without discomfort

Phase IV		
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