

Distal Clavicle Excision/Subacromial Decompression

Dr. Staiger

*General considerations: Sling for protection and pain relief PRN x2 weeks

Time Frame	Treatment	Goals
Phase I Post-Op Day 2	<ul style="list-style-type: none"> • Remove dressing and check for signs/symptoms of infection • HEP: scapular retraction and AROM for the hand, wrist, and elbow for edema control • Codman's pendulum exercises x4 directions 	<ul style="list-style-type: none"> • Edema control and wound healing
Phase II Post-Op Day #2 to 2 Weeks	<ul style="list-style-type: none"> • Progression of PROM for client tolerance • Isometrics, AAROM-AROM as tolerated • Posture education 	<ul style="list-style-type: none"> • 90° pain free elevation • 4/5 strength
Phase III 2-6 Weeks	<ul style="list-style-type: none"> • Progression of PROM towards full motion all directions • Progression of AROM to RTC PREs as tolerated 	<ul style="list-style-type: none"> • Full ROM • Full strength
**For shoulder surgeries:	<ul style="list-style-type: none"> * RTC repair restrictions/activities trumps biceps tenodesis * Biceps tenodesis restrictions/activities trumps decompression 	