

Distal Clavicle Excision – Rehab Protocol

Weeks 1-4:

- PROM as tolerated, except the following. . .
- 0-2 weeks: Elbow/wrist/hand ROM, pendulums, wall stretch at home per instruction sheets
- 2-4 weeks: Grip strengthening, pulleys/canes, elbow/wrist/hand ROM, pendulums. Deltoid cuff isometrics Begin scapular protraction/retraction
- Sling for 2 weeks for comfort (can be taken out before)

Weeks 4-8:

- Advance isometrics with arm at side, rotator cuff and deltoid
- Advance to therabands and dumbbells as tolerated, capsular stretching at end-ROM to maintain flexibility

Weeks 8-12

- Advance strength training as tolerated
- Begin eccentrically resisted motions and closed chain activities
- Advance to sport and full activity as tolerated after 12 weeks