

## Distal Clavicle Excision Rehabilitation Protocol

### **KEVIN KO, MD**

Shoulder and Elbow Surgeon  
OPA Orthopedics  
Seattle, WA

### **Phase 1: Early ROM** (*0 to 4 weeks after surgery*)

- May remove dressing and shower postop day # 3.
- Sutures are all underneath the skin and will dissolve on their own
- Ice encouraged for the first week at a minimum: should be used 3-4 times per day once the block has worn off.
- Sling is for comfort only.
- Initiate shoulder exercise program 3 times per day:
  - AAROM: pulleys, wand and supine gravity assisted ROM.
  - Progress PROM and capsular stretching as tolerated.
  - Immediate elbow, forearm and hand ROM.
  - May start shoulder isometrics as pain improves.
- Scapular ROM exercises.
- Avoid cross body adduction

### **Phase 2: Restore Function** (*more than 4 weeks after surgery*)

- Progress PROM and capsular stretching as tolerated.
- Equate active and passive ROM – all planes.
- Initiate rotator cuff and scapular stabilizer strengthening (Theraband, dumbbells, Hughston's exercises, etc.) Avoid positions of impingement.
- Progress to functional activities as tolerated.