

Bonnie P. Gregory, MD

ACROMIOPLASTY WITH OR WITHOUT DISTAL CLAVICLE RESECTION
REHABILITATION PROTOCOL

	Range of Motion	Sling	Exercises/Strength
PHASE 1 Weeks 1-4	PROM → AAROM → AROM as tolerated ROM goals: 140° FF 40° ER at side With a distal clavicle resection, hold cross-body adduction until 8 weeks post-op; otherwise, all else is the same in this rehab program No abduction-rotation until 4-8 weeks post-op	Discontinue sling at 1-2 weeks post-op; sling only when sleeping if needed	No resisted motions until 4 weeks post-op
PHASE 2 Weeks 4-8	Increase AROM in all directions with passive stretching at end ranges to maintain shoulder flexibility Goals: 160° FF 60° ER at side	Discontinue sling totally if not done previously	Begin light isometrics with arm at side for rotator cuff and deltoid; can advance to bands as tolerated
PHASE 3 Weeks 8-12	If ROM lacking, increase to full with passive stretching at end ranges		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 Begin eccentrically resisted motions, plyometric, and closed chain exercises.

For any questions or concerns regarding the protocol or rehabilitation process please contact

Dr. Gregory's Office:

Phone: 713-486-7080

Fax: 713-452-4143

<https://www.bonniegregorymd.com/>