

Bonnie P. Gregory, MD
SUBACROMIAL DECOMPRESSION/DISTAL CLAVICLE EXCISION
REHABILITATION PROTOCOL

	RANGE OF MOTION	SLING	EXERCISES
<i>PHASE I</i> <i>0-4 weeks</i>	PROM as tolerated*	0-2 weeks: Worn for comfort only 2-4 weeks: Discontinue	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
<i>PHASE II</i> <i>4-8 weeks</i>	Increase as tolerated to full	None	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
<i>PHASE III</i> <i>8-12 weeks</i>	Progress to full without discomfort	None	Advance strength training as tolerated Begin eccentrically resisted motions and closed chain activities Advance to sport and full activity as tolerated after 12 weeks

❖ If a distal clavicle excision is performed, horizontal adduction is restricted for 8 weeks post-op

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

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