Subacromial Decompression Distal Clavicle Excision Rehabilitation Program

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Diagnosis: Right / Left Subacromial Decompression +/- Distal Clavicle excision ______________________

Date of Surgery: ________________________________________________

Weeks 1-4 (Phase I):

➢ PROM → AAROM → AROM as tolerated
➢ With a distal clavicle resection, hold cross-body adduction until 8 weeks post-op; otherwise, all else is the same in this rehab program
➢ ROM goals: 140° FF/40° ER at side
➢ No abduction-rotation until 4-8 weeks post-op
➢ No resisted motions until 4 weeks post-op
➢ D/C sling at 1-2 weeks post-op; sling only when sleeping if needed
➢ Heat before/ice after PT sessions

Weeks 4-8 (Phase II):

➢ D/C sling totally if not done previously
➢ Increase AROM in all directions with passive stretching at end ranges to maintain shoulder flexibility
➢ Goals: 160° FF/60° ER at side
➢ Begin light isometrics with arm at side for rotator cuff and deltoid; can advance to bands as tolerated
➢ Physical modalities per PT discretion

Weeks 8-12 (Phase III):

➢ 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
➢ If ROM lacking, increase to full with passive stretching at end ranges
➢ Begin eccentrically resisted motions, plyometrics, and closed chain exercises.

For more information please visit: www.tsaog.com/drnuelle