

## **ACROMIOPLASTY / DISTAL CLAVICLE EXCISION REHABILITATION PROTOCOL**

Patient:

Date of Surgery:

0 - 4 Weeks

- Sling for comfort only – discontinue by post-op day 2-5
- Pendulum exercises + elbow/wrist/hand exercises
- Stage I – Active Assisted ROM
- Progress to Active ROM as tolerated

4 - 8 Weeks

- Progress Stage II – Active ROM
- Terminal stretches
- May begin light theraband strengthening at 6 weeks  
\*If distal clavicle excision performed – limit horizontal abduction and cross body adduction until 6-8 week mark

8 - 12 Weeks

- Progress Strengthening – resistance/weights
- Scapular stabilization
- Work or sport specific exercises as tolerated

12 - 16 Weeks

- Return to manual work or sports

Special Instructions/Modifications to Protocol:

**PLEASE SEE RE: REHAB as per PROTOCOL  
THANK YOU!**