

Rehabilitation Protocol for Acromioplasty/Distal Clavicle Resection



Dr. Feinstein

Phase 1: 1-4 Weeks

- Sling for comfort; may discontinue at 1-2 weeks post-op
- PROM to AAROM to AROM as tolerated
- If distal clavicle resection, hold cross body adduction until 8 weeks post-op
- ROM goals: 140° FF/40° ER at side
- No abduction-rotation until 4 weeks post-op
- Physical modalities per PT discretion

Phase 2: 4-8 Weeks

- Increase AROM in all directions with passive stretching at end ranges
- 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
- Modalities per PT discretion

Phase 3: 8-12 Weeks

- Advance strengthening as tolerated: isometrics → bands → light weights (1-5 lbs); 8-12 reps, 2-3 sets for rotator cuff, deltoid, and scapular stabilizers
- Only do strengthening 3x/week to avoid rotator cuff tendonitis
- Begin eccentrically resisted motions, plyometrics (e.g., weighted ball toss), proprioception (e.g., body blade), and closed chain exercises

*If you have any problems or questions,
please call your doctor's office (8am-5pm).*

Answering service for after hours.

8200 MEADOWBRIDGE ROAD
MECHANICSVILLE, VA 23116
P 804.730.2121 | F 804.730.0563
ORTHOVIRGINIA.COM