# Distal Clavicle Excision / Debridement Rehabilitation Protocol

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This protocol provides general guidelines for rehabilitation following distal clavicle excision / debridement. Progression should be individualized based on the procedure, healing, and patient response, with modifications as directed by the surgeon.

| Phase | Goals | Precautions / Restrictions | Treatment |
|---|---|---|---|
| **Weeks 0-4** | ● Initiate range of motion, progressing PROM to AAROM<br>● Decrease pain and protective/compensatory behaviors<br>● Maintain fitness of the athlete as able with low impact aerobic exercise | ● **Avoid provocative maneuvers, motions or exercises**<br>● Wean out of sling as able<br>● **No lifting > 5 lbs during weeks 0-3**<br>● **Avoid cross-body motion until week 8**<br>● **Avoid rotation with arm in abduction until week 4**<br>● **Avoid ER at 90 degrees abduction until week 8** | **General guidelines**<br>● PROM to AAROM<br>  ● Pendulum<br>  ● Flexion<br>  ● Abduction as tolerated (**Do not force)**<br>  ● External Rotation / Internal Rotation at **0 degrees** abduction<br>● Maintain full active elbow, wrist and hand ROM<br>● Elbow / wrist / hand strength<br>● Initiate isometric exercises<br>  ● Periscapular<br>● Complete ADL's with affected arm as able with minimal to **no pain.**<br>**Initial visit**<br>● FOTO, QuickDASH |
| **Weeks 4-8** | ● Full active shoulder ROM in all planes<br>● Initiate strength/resistance training 2-3x/week<br>● Maintain fitness of the athlete as able. | ● **Avoid provocative maneuvers, motions or exercises**<br>● **Avoid high velocity or high load activities of the shoulder**<br>● Slowly advance **5 lb** lifting restriction to **15 lbs** | **General guidelines**<br>● AAROM to AROM/ Functional ROM<br>  ● Flexion / Abduction<br>  ● External rotation / Internal rotation<br>  ● Hand behind head<br>  ● Hand behind back<br>● Initiate isometric exercises<br>  ● Rotator Cuff<br>  ● Deltoid<br>● Progress to isotonics with low loads and minimal sympotm increase<br>**Week 6**<br>● FOTO, QuickDASH |
| **Weeks 8-12** | ● Improve shoulder complex strength, power and endurance<br>● Progressive, Systematic Interval Program for Returning to Sports<br>  ● Overhead Athletes<br>  ● Tennis<br>  ● Golf | ● Appropriate progression of increased velocity and loaded activities of the shoulder<br>● RTC strengthening program 3x per week | **General guidelines**<br>● Isotonic strength training exercises with progressive overload<br>● Initiation of plyometric training<br>● Focus on speed/velocity of movement<br>● Sport specific training<br>● Functional testing:<br>  ● HHD<br>**Week 12**<br>● FOTO, QuickDASH |