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Distal Clavicle Excision Protocol

Phase I: (0 to 2 weeks)

- Sling for comfort, may discontinue within first few days
- Encourage elbow, wrist, and hand range of motion and shoulder shrugs/scapular retraction
- May begin pendulum exercises immediately
- At one week may begin isometric and light TheraBand exercises with arm at the side
- AAROM and AROM in pain-free range as tolerated

Phase II: (2-6 weeks)

- Continue previous exercises
- Passive range of motion and mobilization as necessary to regain full ROM
- Begin bicep and triceps exercises with light weight
- Prone scapular retraction exercises
- At 4 weeks may begin push-up progression against a wall

Phase III: Return to full function (>6 weeks)

- Continue range of motion exercises
- Bench press with light weight
- Ball toss overhead
- Push-up progression from table to chair to ground
- Gradual introduction of strength training/swimming as tolerated at 6 weeks postoperatively