

Distal Clavicle Resection

Physical Therapy Protocol

Keys to a Successful Outcome

- Pain > 4/10 = Hold progression
- For the first couple of weeks, do not push end-range motion

Phase	Brace	ROM Goals	WB	Exercises
Weeks 0-4	Weeks 0-2: Wear for comfort; discontinue sling use at 2 weeks*	PROM>AAROM>AROM; Goals: FF limited to 90°, ER 40°, IR behind back; NO ER/IR @ 90° Abd*	NWB	Codman's, pulleys, cane; Elbow, wrist, hand ROM; Grip strengthening; No resistive ex
Weeks 4-8	None	FAROM; FF 140°, ER 60°, IR behind back and at 90° Abd*	PWB	Begin light isometrics w/ arm at the side for RTC and deltoid; advance to Therabands as tolerated; Passive stretching at end ROM
Weeks 8-12	None	Progress to FAROM	PWB -> WBAT	Isometrics>Therabands>Weights; begin eccentrically resisted motions, closed chain ex and plyos; 8-12 reps/2-3 sets for RTC, deltoids, scapula

* May remove sling if arm is supported on chair/desk/table (i.e. desk, eating) if cognizant of protecting biceps

Patient Instructions

- Lower body, core, and cardio okay immediately if in sling and not using arm

General Time Frames for ADLs

- Driving: 2-8 wks
- Desk/light return to work: 2-8 wks
- Golf (chipping/putting): 8-12 wks