



Distal Clavicle Excision Post-Operative Rehabilitation Protocol

0-4 Weeks:

- **Sling Use:** Shoulder abduction sling should be worn at all times for the first 2 weeks. Remove only for exercises and hygiene.
 - You may remove the sling for showering, but the arm should remain in the sling position.
- **Range of Motion (ROM):**
 - **0-2 weeks:**
 - Elbow, wrist, and hand ROM exercises are allowed.
 - Pendulum exercises.
 - Perform wall stretches at home as instructed.
 - **2-4 weeks:**
 - Begin grip strengthening.
 - Incorporate pulleys or canes for assisted motion.
 - Continue elbow, wrist, and hand ROM exercises.
 - Continue pendulum exercises.
 - Initiate isometric exercises for the deltoid and rotator cuff muscles.
 - Begin scapular protraction/retraction exercises.

4-8 Weeks:

- Progress isometric exercises for the rotator cuff and deltoid with the arm at the side.
- Introduce resistance with TheraBands and dumbbells as tolerated.
- Incorporate capsular stretching at end-range to maintain joint flexibility.

8-12 Weeks:

- Continue to progress strength training as tolerated.
- Begin eccentrically resisted motions and closed-chain exercises.
- Gradually progress to sports and full activities after 12 weeks, based on individual tolerance.

Note: Progression through these phases should be based on individual recovery, with all exercises adjusted as necessary under the guidance of your surgeon and physical therapist. Regular follow-ups with the surgical team are crucial to ensure optimal recovery