

ACROMIOPLASTY WITH OR WITHOUT DISTAL CLAVICLE RESECTION REHABILITATION PROTOCOL

Phase I Weeks 1-4:

- Sling for comfort; may discontinue at 1-2 weeks post op
- PROM → AAROM → 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 4-8 weeks post-op
- Physical modalities per PT discretion

Phase II Weeks 4-8:

- 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 III Weeks 8-12:

- 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 (ex weighted ball toss), proprioception (ex body blade), and closed chain exercises