

**ACROMIOPLASTY / DISTAL CLAVICLE EXCISION  
REHABILITATION PROTOCOL FOR MR SAITHNA'S PATIENTS**

LABEL:

DATE OF SURGERY: \_\_\_\_\_

0 - 4 Weeks:

- Sling for comfort only – discontinue by post-op day 2-5
- Elbow/wrist/hand + Pendulum exercises
- Active Assisted ROM – progress to Active ROM as tolerated

4 - 8 Weeks:

- Progress active ROM
- Terminal stretches
- May begin light theraband strengthening at week 6

\*\* - if distal clavicle excision performed:

- limit horizontal abduction and cross-body adduction X 6-8 wks

8 - 12 Weeks:

- Continue Active ROM
- Progress strengthening
- Scapular stabilization
- Work or sport-specific exercises as tolerated

12 – 16 Weeks:

- Return to manual work or sports

**MODIFICATIONS TO PROTOCOL:**

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