



C. Lucas Myerson, MD

Shoulder and Elbow Surgery

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PT Protocol - Arthroscopic Distal Clavicle Excision

Phase I: Weeks 0-2 (at home)

Plan

- Pain control: ice, anti-inflammatory medications
- Wean sling use within first two weeks
- Gentle pendulum exercises at home

Phase II: Weeks 2-4

Formal physical therapy starts

Precautions

- No upper body ergometer, hand weights, body blade in Phase II
- No IR behind the back, and no adduction and IR in Phase II (aggravate external impingement)
- Avoid cross-body adduction until 6 weeks post-op in patients with distal clavicle excision
- Avoid overhead abduction and forward flexion beyond 140° for first 4 weeks (painful motion at AC joint)
- The DCE site can be very sore for up to 8-12 weeks. Avoid any deep tissue massage in this area

Exercises

- Wean sling within 2 weeks post-op
- Pain control: ice, heat, anti-inflammatory medications, therapeutic modalities
- Range of motion exercises
 - Progress from PROM--> AAROM--> AROM as tolerated
 - Rotation glenohumeral exercises to be performed with the arm less than 45° abduction
 - ROM goals: 140° Forward Flexion/40° External rotation at side/60° Abduction
- Start isometrics at 3-4 weeks (rotator cuff, scapular strengthening with arm at side)



Phase III: Weeks 5 and beyond

Precautions

1. Shoulder pain may become worse during this phase. Limit strengthening to 2-3 days/week. Back off on RC strengthening if patients have rotator cuff irritation symptoms or shoulder synovitis symptoms
2. Strengthening should begin at waist level and gradually progress in abduction
3. Range of motion (ROM) takes precedence over strengthening.
4. If ROM is lagging behind, hold off on strengthening and focus on ROM and stretching.

Exercises

- Gradually increase ROM to full with passive stretching at end ranges by 8 weeks (including posterior capsular stretches)
- Combined motions (ER and abduction; adduction and IR) to start at 8 weeks
- Begin rotator cuff, deltoid and scapular isometrics at 4-6 weeks
- Begin resisted exercises with therabands at 8 weeks and progress to light weights
 - Begin eccentric motions, plyometrics, and closed chain exercises at 12 weeks
- Start sports specific Rehab at 3 months
- Weight lifting at 6 months
- Contact sports at 6 months

Modalities

- Heat and Ice, Ultrasound, Iontophoresis, Phonophoresis, Therapists' discretion, TENS

Learn More About Your Condition:

Visit Dr. Myerson's website to learn more about your condition:

www.lucasmyersonmd.com

