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ACROMIOPLASTY WITH OR WITHOUT DISTAL CLAVICLE RESECTION

Date of Surgery: _____

Weeks 1-4:
- PROM, AAROM, AROM as tolerated
- With a distal clavicle resection, NO cross-body adduction until 8 weeks post-op; otherwise, all else is the same in this rehab program
- ROM goals: 140° FF/40° ER at side
- No abduction-rotation until 4-8 weeks post-op
- No resisted motions until 4 weeks post-op
- D/C sling at 1-2 weeks post-op; sling only when sleeping if needed
- Heat before/ice after PT sessions

Weeks 4-8:
- D/C sling totally if not done previously
- Increase AROM in all directions with passive stretching at end ranges to maintain shoulder flexibility
- 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
- Physical modalities per PT discretion

Weeks 8-12:
- Advance strengthening as tolerated: isometrics bands weights; 10 reps/1 set per rotator cuff, deltoid, and scapular stabilizers
- Only do strengthening 3x/week to avoid rotator cuff tendonitis
- If ROM lacking, increase to full with passive stretching at end ranges
- Begin eccentrically resisted motions, plyometrics, and closed chain exercises.

Modalities:

Other: