

Acromioplasty with or without Distal Clavicle Resection Protocol



Name: _____ Date: _____

Diagnosis: _____

Date of Surgery: _____ Frequency: _____ times per week | Duration: _____ weeks

Weeks 1-4:

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

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; no more than 10 reps each set related to rotator cuff, deltoid, and scapular stabilizers
- » Only do strengthening 2-3x/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
- » Return to full strength exercises by 12 weeks

Additional:

- Teach HEP
- Work Hardening/Work Conditioning
- Functional Capacity Evaluation

Modalities:

- Ice or cryotherapy before/after
- Heat before/after
- Electric Stimulation
- TENS
- Ultrasound
- Trigger points massage
- Dry needling
- Therapist's discretion

Signature: _____ Date: _____

Want to learn more? Find relevant videos, animations, and research material by orthopaedic surgeon Dr. Anthony Romeo at anthonyromeomd.com. →

