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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.
- With a distal clavicle resection, hold 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.

Comments:

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Additional:

Functional Capacity Evaluation Work Hardening/Work Conditioning Teach HEP

Modalities:

Electric Stimulation Ultrasound Iontophoresis Phonophoresis TENS Heat before/after

Ice before/after Trigger points massage Other: _____

Therapist's discretion

Signature: _____

Date: _____