Jennifer Thomson, MD
ORTHOPAEDIC SURGERY | SPORTS MEDICINE

Rehabilitation Protocol: Distal Clavicle Excision

Precautions

Distal Clavicle Excision	- Hold horizontal cross body adduction until 8 weeks
Biceps Tenodesis	- Limit active elbow flexion of biceps beyond 90 deg & limit eccentric loads on biceps for 6 wks postop - Avoid abduction and 90/90 ER until 8 wks - No resisted elbow flexion until 8 wks

Phase I: 0-4 weeks

- Brace: Sling x2 weeks
- ROM: elbow/wrist/hand ROM, pendulums, home stretches
- Weightbearing: Non-weightbearing
- Exercises:
  - Weeks 0-2:
    - Pendulums
    - Grip strengthening
  - Weeks 2-4:
    - Pulleys/canes
    - Deltoid & cuff isometrics
    - Begin scapular protraction/retraction

Phase II: 4-8 weeks

- Brace: no sling
- ROM: advance active ROM as tolerated. No horizontal cross body adduction
- Weightbearing: <10 lbs
- Exercises:
  - Advance isometrics with arm at side, rotator cuff, and deltoid
  - Advance to therabands and dumbbells as tolerated
  - Capsular stretching at end ROM to maintain flexibility

Phase III: 8-12+ weeks

- Brace: None
- ROM: as tolerated
- Weightbearing: progress as tolerated
- Exercises:
  - Advance strength training as tolerated
  - Begin eccentrically resisted motions and closed chain activities
  - Advance to sport and full activity as tolerated after 12 weeks

Phone: 201-639-6620