Distal Clavicle Excision

	Phase I: weeks 1-4	Phase II: 5-8 weeks	Phase III: 9-12 weeks
Weight-Bearing and Immobilization	 WBAT Discontinue sling at 1-2 weeks (may continue sling while sleeping as needed until 4 weeks after surgery) 		
Aerobic	 Stationary bike 	Begin walk-jog-run progression	
Range of Motion (ROM) and Strengthening	 Progress PROM to AAROM to AROM as tolerated ROM Goals 140° forward flexion 40° ER at side No resisted ROM exercises No abduction-rotation exercises No cross-body adduction until 8 weeks after surgery 	 Increase AROM in all planes (may provide passive stretch/assist at end-ranges of AROM) ROM Goals 160° forward flexion 60° ER at side With arm at side, begin light isometric exercises for rotator cuff, scapular stabilizers, and deltoid (advance to bands as tolerated) 	 Continue to advance from exercises in Phase II ROM as tolerated Advance strengthening as tolerated from isometrics to bands to weights Perform strengthening exercises no more than 3 days per week Begin eccentrically resisted strengthening, plyometrics, and closed-chain exercises
Other	 Heat before and/or ice after PT sessions as needed Modalities as needed to reduce swelling and for muscle re-education Home Exercise Program (HEP) per discretion of Physical Therapist 		
Goals	Pain controlProtection of tissue healingMinimize joint stiffness	Advance ROMBegin strengthening	 Restore full and symmetric ROM Advance strengthening Begin plyometrics