



United States Military-Baylor University  
Post-professional Sports Medicine-Physical Therapy Doctoral Program  
Keller Army Community Hospital, West Point, New York  
"Academic, Research, and Clinical Excellence"

**ARTHROSCOPIC DISTAL CLAVICLE RESECTION**

**PRE-OP:**

**EVALUATION:** Patient History, ROM  
Orientation to Surgery & Rehabilitation

**DOS:** **NURSING CARE:** Positioning, Ice (usually Same Day Surgery)

**POD 1:**

**EVALUATION:** Pain Level  
Neurovascular Assessment  
Shoulder ROM  
General Motor Response in Isometrics

**IMMOBILIZER:** For Comfort

**EXERCISE:** **Note: Exercise prescription is dependent upon the tissue healing process and *individual* functional readiness in *all* stages. If any concerns or complications arise regarding the progress of any patient, physical therapy will contact the orthopedic doctor**

In Clinic TIW  
Elbow, wrist and hand AROM  
Wand Exercises as Tolerated (Do Not Push into a Painful ROM)  
Shoulder Ranger (Pulley)  
Gentle Codman's, Sawing  
Submaximal Isometrics in all Planes of Motion (Do Not Push into Pain)  
Gripper  
ICE Frequently (Minimum of 4 Times Per Day)

**HOME CARE:** Isometrics, Ice  
Positioning

**POD 2-7:**

**EVALUATION:** Pain Level  
Shoulder AAROM  
Submaximal Isometrics  
Incision Site  
Suture Removal POD 5 -7 per P.T.

**IMMOBILIZER:** As Above, may D/C Immobilizer when Tolerated

**EXERCISE:** As Previous except:  
Progress to Isotonics with Rubber Tubing / Light Free-Weights  
Shoulder Shrugs  
Follow-up Weekly per P.T.

**70% AROM:**

**EXERCISE:** AROM in Painless ROM  
Capsular Stretching  
Gentle UBC  
Progressive Isotonics with Pulley, Free-Weights, Tubing

**HOME CARE:** Continue Restricted Activity  
Use pain as a Guideline  
Continue Regular Icing prn

**FAROM:**

**EXERCISE:** AROM  
UBC (Progress Resistance As Tolerated)  
Progress Resistance in Isotonics  
Gravitron (Painless Level)

**HOME CARE:** May use Nautilus/Universal @ 3 - 4 wks (No Bench Press)  
No Backpack, Push-ups, Pull-ups, Volleyball, Pitching or Contact Sports  
until at least 2 months Post-op.

**DISCHARGE CRITERIA:**

FAROM w/o Discomfort  
80% Uninvolved Side Biodex Score in all Patterns Tested  
Understanding of HEP / Exercise Guidelines

JOSEF H. MOORE  
LTC, SP  
C, PHYSICAL THERAPY

APPROVE / DISAPPROVE

THOMAS M. DEBERARDINO  
LTC, MC  
C, Orthopedic Service

APPROVE / DISAPPROVE