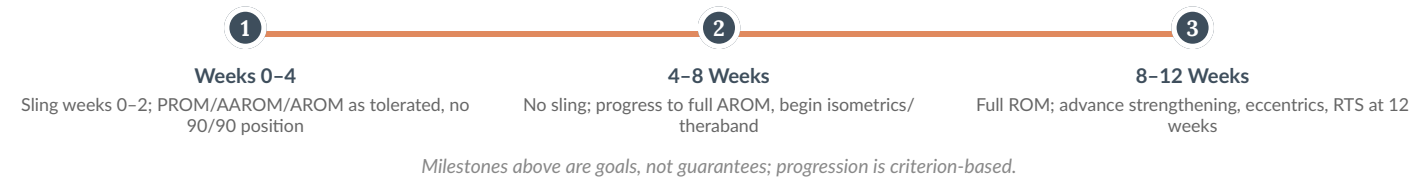


PT PROTOCOL

Subacromial Decompression & Distal Clavicle Excision (Mumford)

Rehabilitation Protocol



Phase 1 Weeks 0–4

Sling: Worn at all times weeks 0–2; discontinue weeks 2–4.

Range of Motion

- Shoulder and elbow passive, active-assisted, and active range of motion, as tolerated.
- No combined abduction-external rotation or abduction-internal rotation (90/90 position) until 4–8 weeks post-op.
- If a concomitant distal clavicle excision was performed, horizontal adduction is restricted until 8 weeks post-op.

Therapeutic Exercises

- Pendulums, grip strengthening, pulleys/cane.
- Hand, wrist, and elbow strengthening.
- No resistance exercises.
- Modalities per PT discretion: electrical stimulation, ultrasound, heat (before), ice (after).

Phase 2 Weeks 4–8

Sling: None.

Range of Motion

- Increase as tolerated to full active range of motion.
- If a concomitant distal clavicle excision was performed, horizontal adduction remains restricted until 8 weeks post-op.

Therapeutic Exercises

- Continue Phase 1 exercises; begin closed-chain scapular exercises, deltoid/cuff isometrics, and scapular protraction/retraction.
- Begin theraband exercises.
- Modalities per PT discretion.

Phase 3 Weeks 8–12

Range of Motion

- Full range of motion.

Therapeutic Exercises

- Advance strengthening as tolerated.
- Begin eccentrically resisted motions and closed-chain exercises.
- Begin return-to-sport activities at 12 weeks.