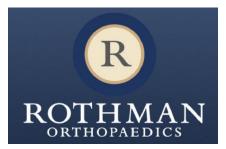
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Acromioplasty with or without Distal Clavicle Resection Physical Therapy Protocol

Name

Date

Diagnosis s/p RIGHT/LEFT Acromioplasty with/without Distal Clavicle Resection

Date of Surgery_____

Frequency: _____ times/week Duration: _____ Weeks

_____Weeks 1-4:

 \overrightarrow{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 \rightarrow bands \rightarrow 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:

Functional Capacity Evaluation		_Work Hardening/Work Conditioning		Teach HEP	
Modalities Electric Stimulation	Ultrasound	Iontophoresis	Phonophoresis	TENS	Heat
	rigger points massa	1	Therapist's disc	retion	

Signature_____