### Arthroscopic distal clavicle resection rehabilitation protocol

**0 - 6 weeks**

* Wear sling when walking or travelling.
* **Remove sling for paperwork, computer, eating with arm / elbow supported on a table.**

**Week 1**

* Pendulum exercises .
* Active elbow, wrist and exercises, (unless biceps surgery is performed)
* Passive shoulder forward elevation 0 to 90° supine.
* **Continue intensive scapular setting and posture program**
* **Continue intensive static humeral head depressor and adductor program**

**Weeks 2-6**

* Continue passive assist forward elevation aim for 180 degrees by week 6.
* Gentle passive external rotation, aiming 100% by week 6
* Introduce active assisted movements of elevation, external and internal rotation, beginning supine then against gravity 6- 8weeks
* Continue range of motion programme for elevation, external and internal rotation with terminal stretching.
* Remove sling for increasing periods through the day as tolerated and eventually discard it when comfortable at 4-6 weeks.

**6 -16 weeks (after surgeon review)**

* Progress to advanced stretching and strengthening programmes gradually as tolerated by the patient.
* Breast stroke swimming 20mins 3-4 x weekly
* Gradually increase overhead use of the arm.
* Avoid **repetitive** overhead use of the arm

**May drive if comfortable and safe.**

**Plan for return to work based on the type of the job:**

Return to sedentary work between 1-2 weeks as comfortable

Return to manual work at 4 months dependent on return of movement and strength.