



### SUBACROMIAL DECOMPRESSION/ DISTAL CLAVICLE EXCISION

**Patient name:**

**Date of surgery:**

**Surgeon:**

**0-4 weeks:**

Sling for comfort- aim to case at 5-7 days  
Pendular exercises and elbow wrist excises  
Active assisted ROM  
Progress to Active ROM as tolerated

**4-8 weeks**

Active ROM  
Terminal range stretches  
Light theraband stretching  
No cross arm adduction until 8week mark if distal clavicle excision

**8-12 weeks**

Strengthening phase  
Sports specific exercises  
Scapular stablisation

**12 weeks**

Unrestricted activities

### **MODIFICATIONS**