

KNEEbraska
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**SUBACROMIAL DECOMPRESSION (SAD)/DISTAL CLAVICLE EXCISION (DCE)
REHABILITATION PROTOCOL**

	RANGE OF MOTION	SLING	EXERCISES
PHASE I 0-4 weeks	PROM as tolerated*	0-2 weeks: worn for comfort only 2-4 weeks: D/C	0-2 weeks: elbow/wrist/hand ROM, pendulums 2-4 weeks: continue above; add grip strengthening, pulleys/cane work Deltoid/RTC isometrics Scapular protraction/retraction
PHASE II 4-8 weeks	Increase as tolerated to full ROM	NA	Advance isometrics with arm at side Advance to theraband and dumbbells as tolerated, capsular stretching at end ranges
PHASE III 8-12 weeks	Progress to full w/o pain	NA	Advance strength training as tolerated Begin eccentrics, CKC work 12 weeks: advance to sport and full activity as tolerated

* If DCE is performed, horizontal adduction is restricted for 8 weeks post-operatively