

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