
Post-Op Protocol for Gregory V. Gomez, MD
Distal Clavicle Excision (open vs arthroscopic)

Week 0-1

- Maintain sling use
- Pendulum hangs, passive ER
- Ice**
- Use arm for ADLs

Week 1-6

- Wean out of sling
- Begin PT
 - Phase I and II ROM and strengthening exercises
 - Scapular strengthening

Week 6

- Use arm as tolerated