

Subacromial Decompression and/or Distal Clavicle Excision (Mumford)

May remove sling for treatment. Patient may also remove sling for activities such as eating, writing, computer work, and personal hygiene. Please provide daily home program for each phase.

PHASE 1 (weeks 1-4)

- Sling worn for comfort only, discontinue at 2 weeks
- Ice to control pain and inflammation
- Remove sling at least three times per day for the following:
 - Active range of motion at wrist, elbow and hand
 - Grip strengthening
 - Scapular protraction and retraction, elevation and depression
 - Active and active assisted shoulder ROM using cane or pulley to assist
 - Goals – 140° forward elevation, 40° external rotation, internal rotation to lumbosacral junction
- Maintain cardiovascular health using walking or exercise bike

PHASE 2 (weeks 4-8)

- Fully restore ROM (AROM and PROM without restriction)
- Strengthening with therabands
 - Abduction in the scapular plane, internal and external rotation with arm at the side (deltoid and cuff)
 - Curl, tricep push-down, and row exercises (biceps, triceps, and scapular stabilizers)

PHASE 3 (> 8 weeks)

- Continue strength training
- Sport-specific training
- Progress to activities as tolerated