

Andrew Green, MD
Associate Professor of Orthopaedic Surgery
Chief of Shoulder and Elbow Surgery
Warren Alpert Medical School, Brown University

Arthroscopic Acromioplasty and Distal Clavicle Resection

Arthroscopic acromioplasty and distal clavicle resection are procedures that do not involve repair of tissues. Therefore, the patients do not require protective immobilization with a sling.

Please contact the physical therapy department at (401) 457-1590 if there are any questions. You may also refer to www.universityorthopedics.com and go to Dr. Green's section to view video of specific shoulder exercises.

The dressing may be removed three days after surgery. Leave the steri-strips on the incisions until one week after your surgery. After the dressing is removed you may shower quickly and gently pat your shoulder dry with a clean towel. If there is any drainage or concern about the healing of the incisions do not shower and just gently clean the surface of the shoulder with rubbing alcohol.

Week 0-6

Pendulum circumduction (no weights)

Passive self-assisted range of motion: supine forward elevation, supine external rotation, supine cross chest horizontal adduction, standing internal rotation behind back.

Neck ROM

Scapular stabilization with serratus anterior, rhomboid and trapezius contraction.

Begin isometric deltoid, internal rotation, external rotation 4 weeks post-op.

Week 6-12

Should have close to full range of motion

Begin progressive strengthening if range of motion is good. Be careful of synovitis and increased pain associated with strengthening.

Expect end result at about 6 months post-op with some variation depending upon patient goals and expectations.