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***Distal Clavicle Excision & Biceps Tenodesis***

This information and protocol is a guideline, individual variations and changes will apply

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
<b>Weeks 0-4</b> PT 1-2x/week HEP daily	Edema and pain control FF 140°, ER 40° IR behind back	Sling except for exercises Avoid active elbow flexion No abduction >90° No rotation in 90° abduction	Elbow, wrist, hand ROM Codman/Pendulum Shoulder P/AA/AROM as tolerated Posterior capsule stretch Posture training
<b>Weeks 4-8</b> PT 2-3x/week HEP daily	FF 160°, ER 60°	DC sling No resisted elbow flexion No abduction >90° Avoid cross body adduction Avoid 90/90 ER	Advance P/AA/AROM as tolerated Begin gentle isometrics (arm at side) Progress to bands (arm at side) Active elbow flexion (no resistance)
<b>Weeks 8-12</b> PT 2-3x/week HEP daily	Full ROM Return to activity	No sling Strengthening only 3x/week to avoid rotator cuff tendinitis	Continue ROM exercises Advance strengthening as tolerated Begin gentle resisted elbow flexion Begin eccentric resisted motion and closed chain exercises
<b>Weeks 12+</b> HEP daily	No restrictions	None	Maintenance exercises