

Dr. Stephanie Muh Protocol		
2799 W Grand Blvd 12 th Floor Detroit MI 48202 313-916-2181		6777 W Maple Rd West Bloomfield MI 48322 247-661-6470
Distal Clavicle Resection		
Sling Use	<ul style="list-style-type: none"> • Sling 2 weeks comfort only (out of sling completely 4 weeks) 	
Phase I/II: (Passive)	Weeks 1-2	<ul style="list-style-type: none"> • Pendulums to warm-up • Passive ROM • Supine ER – full • Supine FF – full • IR at 20 abduction – full
Phase III: (resisted)	Week 3-4	<ul style="list-style-type: none"> • pendulums to warm up and continue with phase 2 • External and Internal rotation • Standing forward punch • Seated rows • Bicep curls • PRE's for periscapular strengthening
Phase IV (strengthening)	5 wks & beyond	<ul style="list-style-type: none"> • Home exercises • Hands within eyesight and elbows bent • Minimize Overhead activities (no military press, pulldown behind head, or wide grip bench) • ***** Very light weights with high reps and advance slowly
Return to activities	Immediately – computer, eating, holding a book at waist, typing, writing 8 weeks - golf 10 weeks – tennis 4 months – contact sports, throwing	