

Postoperative SAD/Distal Clavicle Excision Protocol

Hussein Elkousy, MD
Fondren Orthopedic Group
7401 South Main St.
(713) 799-2300

First 7-10 days

- 1) Change dressing on second day after surgery and replace with dry dressing or band-aids. Leave tape/steri-strips on the skin and do not remove unless they fall off on their own.
- 2) Keep wound/dressings dry. No showers for 7 days and no baths for three weeks.
- 3) May remove sling first day after surgery. Do not wear sling for more than 3 days.
- 4) May use arm for simple activities of daily living below shoulder level. Pain is your guide. Do not lift more than one pound and no overhead activities.
- 5) Use ice pack/cryocuff at least 3 times each day for 15 minutes each time to reduce swelling and pain
- 6) Pain medication and muscle relaxant will be prescribed. Do not use anti-inflammatory medication like Advil (ibuprofen), Aleve (naproxen) for 6 weeks after surgery.

First week to four weeks

Goals:

- 1) Will start PT for AROM of shoulder and elbow

PT goals:

- 1) PROM and AROM: FF 140/ER 40/Ab 70
- 2) Modalities as needed for pain, edema

One month to 3 months

Goals:

- 1) Obtain full motion and advance to strengthening

PT goals:

- 1) Advance ROM to full with IR and cross body last
- 2) Scapular stabilizer strengthening
- 3) Rotator cuff isometric then isotonic strengthening

3 months to 6 months

- 1) Strengthening.
- 2) May return to regular regimen gradually.

Additional instructions:

Driving:

No driving for first one to two weeks until range of motion and pain are improved.
No driving under the influence of narcotics (within 6 hours of last dose)

Work:

May return to sedentary desk work when no longer using narcotics regularly
No heavy labor for minimum 3 months

Frequency of PT:

For weeks 1-4 (6 visits): supervised 2x/week.
For weeks 4-8 (8 visits): supervised 2x/week. Perform exercises on your own 3-5 days/week

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For months 2-4 (8 visits): supervised 1x/week. Perform exercises on your own 3-5 days/week