

## **Arthroscopic Acromioplasty and Distal Clavicle Resection**

**Michael H. Johnson, MD**

The dressing may be removed three days after surgery. Leave the steristrips 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.