

## Distal Clavicle Resection/Mumford Post Op Protocol

### Slings:

- Use for first couple of days then use as tolerated, discontinue as soon as able per tolerance

### Activities of Daily

#### Living:

- As Tolerated

#### Modalities:

- At Therapists Discretion
- ICE use 3-4 x/day for first 10-14 days.

### Return to Activities:

Jogging/Run: 4 wks  
Golf: 5+ wks  
Throwing: 6+ wks  
Skiing: 5+ wks

### Other Restrictions:



### **Phase 1 - Protection/Range of Motion/ Strength (Post-Op Weeks: 0-4)**

#### **A. Protection**

**Week 0-1**

Use sling for couple days then use as needed  
Full passive and active range of motion as tolerated  
Pendulums Daily

#### **B. Range of Motion**

**Week 1-4**

Continue with range of motion exercises

#### **C. Strengthening**

**Week 1-4**

Begin Rotator Cuff Strengthening as tolerated after full range of motion achieved

### **Phase 2 – Strengthening/Functional Progression (Post-Op Weeks: 4-8)**

Begin Light Upper Body Strengthening as tolerated  
Begin Functional Return to Sport as tolerated

### **Phase 3 – Return to Sport (Post-Op Weeks: 8+)**