



REHABILITATION PROTOCOL:

ACCELERATED SHOULDER
Capsular Release
Isolated Subacromial Decompression
ORIF midshaft clavicle
ORIF Humerus shaft

Patient Name: _____

Date: _____

Sling: Usually worn for 2-4 weeks for comfort.
It is not required to protect the shoulder so may be removed.
0-2 weeks: Remove sling for showering.
Remove the sling or remove the neck strap when sitting and sleeping if desired.
Support the weight of the arm on a table, cushion or pillow if out of sling if needed.
You might need to wear the sling at all other times for comfort.
2-4 weeks: Continue to wean out of the sling as comfortable.
Normal day to day use of the arm is allowed

Information for therapist: Please avoid therapist controlled passive stretching.
Please avoid pendular exercises.
Please avoid pulleys until scapular control is demonstrated with no hitching.
Please take care to avoid tight grip during pulley exercises.
PLEASE CONTACT ME AT ANY TIME TO DISCUSS

0- 2 weeks

- Follow the 'Shoulder Rehabilitation 0-2 weeks protocol'

2- 6 weeks

- First post-operative visit at two weeks.
- Ice can be discontinued.
- Level 1 and 2 exercises.
- Do not force or stretch.
- Progress to Level 3 Exercises as able.

6-12 weeks

- Second post-operative visit at six weeks. **Please complete your online outcomes scores prior to the visit.**
- Continue Level 3 exercises.
- Progress to Level 4 as able

12 weeks – 6 months

- The next post-operative visit is at 12 weeks. **Please complete your online outcomes scores prior to the visit.**
- Continue Level 4 exercises
- Progress to Level 5 as able

6 months

- The next post-operative visit is at 6 months. **Please complete your online outcomes scores prior to the visit.**

12 months

- The next post-operative visit is at 12 months. **Please complete your online outcomes scores prior to the visit.**

Milestones

Work (light duties / office)	1-2	weeks
Swimming (breaststroke)	3-4	weeks
Driving	3-4	weeks
Work (manual)	3-6	months
Swimming (freestyle)	3-4	months
Golf	3-4	months
Contact Sports	6	months
90% of maximum improvement	6	months
100% of maximum improvement	12-24	months

Patient Appointment Notes

2 Weeks

6 Weeks

12 Weeks
