



THE ORTHOPEDIC PARTNERS  
AN RCM CLINIC  
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# Subacromial Decompression (SAD) and Distal Clavicle Resection (DCR) Protocol

## Phase 1

- **Sling:** Wean sling use after 1-2 days. Discontinue by day 7
- **Day 1**
  - Perform scapular stability (shrugs, retraction) and grip exercises as shown
  - PASSIVE flexion/extension of elbow twice daily as shown. Minimal movement such as light grip/relaxing of the hand is encouraged soon after surgery
- **Days 2-14**
  - Progress passive and active ROM as tolerated
  - ROM Goals: Forward elevation 140°+, external rotation 40°+, abduction 60°-90°+
  - **Light to moderate use OK.** Avoid demanding/ repetitive movements

## Phase 2

- **Weeks 2-6**
  - Advance to moderate activity involving the arm/shoulder
  - Goals: Approach full ROM. Forward elevation 160°+, external rotation 45°+, internal rotation 60°- 90°, abduction 120°+
  - Addition of home exercise program as directed by physical therapist

## Phase 3

- **Weeks 6+**
  - Begin strengthening program as directed (usually 50-75% effort, 3x/wk max), such as low-level therabands, rows, etc.
  - Transition to home exercise program, stepwise increase to full sports activity

## Notes

- **Most patients will gain full ROM and strength easily on their own. However, we are happy to provide a Physical Therapy order if requested**

