



REHABILITATION GUIDELINES OPEN MUMFORD (RESECTION OF THE DISTAL CLAVICLE FOR CHRONIC AC SEPARATION)

WEEK 1**DOS:**

- Protection in sling
- Patient out of sling for wrist, hand, and elbow ROM
- Putty exercises
- May begin gentle Codman's exercises and isometrics (shoulder)
- Begin PROM (to tolerance)

2 WEEKS POST-OP**DATE:**

- May discontinue sling if no pain
- Continue Codman's exercises
- Continue PROM
- Begin AAROM of the shoulder: ER, IR, EXT, ABD, FLEX
- May begin AROM shoulder extensions, IR, ER to tolerance
- Continue wrist, hand, and elbow exercises (may add light weight)
- Scapular stabilization ex.—emphasis on muscle balance, avoid impingement

3 WEEKS POST-OP**DATE:**

- Continue active assisted ROM
- Continue PROM
- Continue wrist, hand, and elbow exercises

4 WEEKS POST-OP**DATE:**

- Active assisted ROM (push for full ROM)
- Continue PROM (if needed)
- Continue AROM, add shoulder FLEXION at this time
- Begin light strengthening with free weights and theraband

5 WEEKS POST-OP**DATE:**

- Continue AROM
- Continue strengthening

6 WEEKS POST-OP**DATE:**

- progressive resisted exercise program to tolerance

** With both Open Acromioplasty and Mumford, no active forward flexion until week four due to the resection of the anterior deltoid.