

Distal Clavicle Resection (Mumford) Protocol

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- A. Phase 1: Restore ROM and decrease inflammation
 - 1. Sling: Wear for comfort and rest
 - 2. Frequent cryotherapy and modalities as indicated
 - 3. Exercise
 - a. PROM – AAROM
 - b. Limit Abduction and Flexion to 90° for 7-10 days
- B. Phase 2: ROM and entry strength work
 - 1. Wean from sling (7-10 days post-op)
 - 2. Continue cryotherapy and modalities as indicated
 - 3. Exercise, progress as tolerated
 - a. AROM
 - b. Light, progressive OKC, CKC and scapular stabilization work
- C. Phase 3: Advancing strength work
 - 1. Transition to gym styled strength program
- D. Phase 4: (After 6 weeks) - Sport specific work
 - 1. Physician directed
 - 2. May begin sport specific progression with gradual return to sport or desired activity