



Sports Medicine

University of Colorado

Jonathan T. Bravman, M.D.

Mumford Procedure (Open Distal Clavicle Resection) Rehab Protocol

POST OPERATIVE MANAGEMENT

- Pain control with ice and anti-inflammatories
- Sling x4 weeks for comfort only

Goals	<ul style="list-style-type: none">• Normal AROM with normal glenohumeral mechanics• Normal rotator cuff and scapular stabilizer strength• Return to all overhead activities
Precautions	<ul style="list-style-type: none">• No lifting > 2 lbs. for first 3 weeks• No heavy lifting• No lifting > 5 lbs. for weeks 6-8• No “empty can” exercises
Guidelines	<ul style="list-style-type: none">• Modalities PRN

Criteria for discharge:

1. Full, pain free range of motion
2. Strength is equal bilaterally
3. Has met specific functional/activity goals
4. Has been cleared by physician