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## **Subacromial Decompression/Distal Clavicle Excision (Shoulder)**

### **Surgery:**

1 hour

Same Day Surgery (Outpatient)

Anesthesia may offer nerve block for  
pain control

### **Goals:**

Clean inflammation, bone spurs, and  
arthritis out of the shoulder

Decrease pain/Improve Function

### **General Timeline After Surgery**

0-4 weeks Post-Op –

Weight bearing as tolerated

Wear sling for comfort, but it may be removed/discontinued when comfortable

Work on active range of motion as tolerated

Begin strengthening with a focus on scapula and rotator cuff musculature

### **Begin Physical Therapy 1 week post-op**

4-8 weeks Post-Op –

Continue working on obtaining full motion

Gradually increase strengthening exercises to tolerance

8+ weeks Post-Op –

No restrictions

Return to all activities as tolerated

### **Additional restrictions if a biceps tenodesis is performed**

Sling must be worn for 4 weeks

No using the hand for opening jars or doorknobs for 4 weeks

No active flexion of the elbow for 6 weeks

No Biceps strengthening for 8 weeks

Typical post-op appointments at 2 weeks and 8 weeks post-surgery

### **Dr. Todd's Contact Information**

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