

OPEN MUMFORD PROTOCOL
(Resection of the distal clavicle for chronic A-C separation)

DOS:

Week 1

- 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)

Week 2 Begin 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

Week 3 Begin Date:

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

Week 4 Begin 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

Week 5 Begin Date:

- Continue AROM
- Continue strengthening

Week 6 Begin 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.