

Clavicle ORIF

Physical Therapy Post-op Protocol

***Blood Flow Restriction (BFR) encouraged at all stages**

Weeks 0-4

Primary goals: Eliminate swelling; initial ROM

- Sling for 4 weeks for while moving about and sleeping
- Elbow/Hand ROM
- Hand gripping exercises
- Scapular stabilization exercises
- Passive ROM, active assist in scapular plane, belt to forehead motion (salute), pendulums
- No ROM past 90 degrees
- Ice, modalities as indicated

Weeks 4-6

Primary goals: Increase ROM

- Wean from sling at 4 weeks
- Continue gentle ROM exercises
 - Shoulder PROM
 - FF to 90°
 - Abduction to 60°
 - ER to neutral
 - Submaximal (pain free) deltoid isometrics

Weeks 6-12

Primary goals: Increase ROM and scapular strength

- No lifting over 5lbs
- Progressive full motion without restrictions
 - Flexion to tolerance
 - Abduction to tolerance (avoid ER with abduction @90)
 - ER at 45 degrees abduction 55-60 degrees
 - IR at 45 degrees abduction 55-60 degrees
 - Avoid position of maximal instability (90 abduction with >90 ER)
- May initiate stretching exercises
 - At 6 weeks: begin pain free isometric RC

- At 8 weeks: begin light RC strength and scapular stabilization

Weeks 13-18

Primary goals: Increase ROM, continue strength

- Advance open/closed chain strength in a progressive manner
- Scapular stabilizations
- Can begin sport-specific drills and throwing program