

PHYSICAL THERAPY PROTOCOL/PRESCRIPTION: Clavicle ORIF

Name: _____

Date of Surgery: _____

Diagnosis: _____

Signed: _____

Frequency: 2-3 times per week x 12 weeks**Post-Op Week 1→**

- Sling.** May remove sling to do Pendulum exercises. No active shoulder motion.
- Elbow and wrist ROM exercises, but no resisted exercises.

Goals: Maintain elbow and wrist ROM, prevent shoulder stiffness, control pain and swelling. Protect the repair.

Phase 1→ Weeks 2-3 Post-Op

- Continue sling.** Sling may be removed for exercises. May begin active-assisted motion. Continue pendulum exercises. Rope/pulley OK for flexion.
- No lifting anything heavier than a pencil in operative hand.

Goals: Initiate shoulder ROM, prevent pain, protect repair.

Phase 2→ Weeks 4-5 Post-Op

- May begin to wean from sling. If X-rays show no change in hardware, may begin full active and passive motion.
- No lifting anything heavier than a pencil.

Phase 3→ Weeks 6- 8 Post-Op

If radiographs are showing signs of union, may begin to slowly incorporate resistance and strengthening exercises. May now use arm to lift nothing heavier than a carton of milk.

Phase 4→ Weeks 8-12 Post-Op

Once radiographs show union and 2 weeks of resistance exercises have been performed, may work on shoulder rehab to return to sports. Once painless shoulder function has been achieved, strength has returned, and an athlete has completed the return to play rehab, then an athlete may return to play.

STRENGTH

- Progress strengthening program with increase in resistance and high speed repetition, eccentric strengthening of posterior cuff and scapular musculature
- Initiate single arm plyotoss
- Progress rhythmic stabilization activities to include standing PNF patterns with tubing
- UBE for strength and endurance
- Initiate military press, bench press, and lat pull-downs
- Initiate sport specific drills and functional activities
- Initiate interval throwing program
- Initiate light plyometric program

GOALS OF PHASE:

- Full ROM
- Maximize upper extremity strength and endurance, and neuromuscular control
- Initiate sports specific training/functional training