



ORIF Acute Clavicle Fracture

(Middle-third and lateral)

GENERAL GUIDELINES

- Approximately 12 week Protocol
- Patients <25 years of age begin physical therapy at 1 week post-op
- Patients >25 years of age start physical therapy within 3-4 days post-op

PHASE 1 (0 to 4 weeks)

- 2-3 visits/week for physical therapy
- Patients <25 years of age begin physical therapy at 1 week post-op
- Patients >25 years of age start physical therapy within 3-4 days post-op
- Shoulder sling placed in OR. May remove for dressing and hygiene. Wear shoulder sling for 6 weeks for acute repair and may be continued for up to 8 weeks for nonunion
- May remove sling for tabletop activities within pain tolerance such as eating, brushing teeth, writing and occasional keyboard use. May also remove for exercises, showering and dressing.

Exercises: Elbow ROM

- Tennis ball for grip
- Co-contraction of biceps/triceps at 0, 30, 60, 90 and 120 degrees
- Pendulum exercise
- Passive ROM 0-140 degrees forward elevation in scapular plane, external rotation with arm at side to 60 degrees

PHASE 2 (4 - 8 weeks)

- 1-2 visits/week, increase number of visits if ROM lagging behind

Range of Motion

- AROM/PROM for all shoulder motions
- Regain full ROM by 8 weeks post-op, as tolerated.



Home Program

- Overhead pulleys if needed
- Wand exercises

Strengthening Exercises

- Isometric Exercises and Scapular Stabilization Exercises
 - Start at 4 weeks post-op for ORIF and 6 weeks post-op for non-unions
 - Pain-free only
 - Reps: 7-10 x 10 seconds each - progress to 30 x 10 second each

PHASE 3 (8 - 12 weeks)

- Full ROM by 8 weeks post-op
- Progressive strengthening at 6 weeks post-op without restriction
- No contact sports until at least 8 weeks post-op and directed by Provider

This protocol provides you with general guidelines for the rehabilitation of the ORIF clavicle patient. Specific changes in the program will be made by the physician as appropriate for an individual patient. If you have any questions regarding the progress of the patient, the physician should be contacted.