

Physical Therapy Protocol Following Clavicle ORIF

Sling: 2 Weeks

Post-Op Weeks 0-1:

Goals:

1. Minimize swelling and pain
2. Do not elevate arm above 120 degrees for the first 4 weeks
3. Maintain cardiovascular training

Exercises:

1. Pendulum Exercise
2. Squeeze Ball
3. Scapular stabilization exercises
4. Triceps exercises with Thera band
5. Isometric RTC external and internal rotation with arm at side
6. Isometric shoulder adb,add,ext, and flex with arm at side

Post-Op Weeks 1-4:

Goals:

1. Soft-tissue treatments for associated shoulder/neck
2. No inflammation

Exercises:

1. Gentle pulley for shoulder ROM 2x day
2. Elbow / Wrist ROM
3. Isometric scapular PNF, mid-range

Post-Op Weeks 4-8:

Goals:

1. Mid-range of motion rotator cuff external and internal rotators
2. Active and light resistance exercises (through 75% of ROM as patient's symptoms permit) with shoulder elevation and avoiding extreme end ROM
3. Strive for gains to active 90 degrees of shoulder flexion and abduction

Post-Op Weeks 8-12:

Goals:

1. Full shoulder AROM in all planes
 2. Increase manual mobilization of soft tissue as well as glenohumeral and scapulothoracic joints for ROM
- **Restriction: No repeated heavy resisted exercises or lifting until 3 months**

Post-Op Weeks 12+:

Goals:

1. Start more aggressive strengthening program as tolerated
2. Increase the intensity of strength and functional training for gradual return to play
3. Return to specific sports is determined by the physical therapist and MD through functional testing specific to the injury

Criteria for release to sport(s):

1. **Adequate ROM, strength and endurance of rotator cuff and scapular musculature**
2. **No complaints of pain**