



Physical Therapy Protocol – Clavicle Open Reduction and Internal Fixation

Diagnosis: R / L Clavicle ORIF

Date of Procedure: _____

Frequency: 2-3 Times Per Week for ____ weeks

Weeks 0-2:

- Sling at all times, day and night, off for hygiene and gentle exercises only
- No shoulder range of motion
- **Elbow/hand/wrist motion ONLY**

Weeks 2-6:

- **Sling on during daytime only, may wean out of sling altogether after 4th week**
- **Range of motion:** begin PROM
 - o Limit flexion to 90 degrees, external rotation to 45 degrees, extension to 20 degrees
- **Exercises:**
 - o Codman's, posterior capsule mobilizations, closed chain scapula, **avoid stretch of anterior capsule and extension**
- **Modalities:**
 - o Heat before PT, ice after PT

Weeks 6-12:

- **Sling:** ok to remove unless in crowded environment
- **Range of motion:** begin active/active assistive ROM, PROM to tolerance
 - o **Goals:** full extension, rotation, 135 of flexion, 120 of abduction
- **Exercises:** continue above, begin active assisted exercises, deltoid/rotator cuff isometrics, begin resistive exercises for scapular stabilizers, biceps, triceps, and rotator cuff
 - o **Utilize exercises arcs that protect the anterior capsule from stress during resistive exercises, keep all strengthening exercises below the horizontal plane from weeks 6-12**
- **Modalities:** per therapist, include E-stem, ultrasound, heat (before), ice (after)

Weeks 12-16:

- **Range of motion:** gradual return to full AROM
- **Exercises:** emphasize external rotation and latissimus eccentrics, glenohumeral stabilization, begin muscle endurance activities (upper body ergometer), aggressive scapular stabilization and eccentric strengthening, begin plyometric and throwing/racquet program, stationary cycling/running ok at 12 weeks or sooner if given clearance
- **Modalities:** per therapist, include E-stem, ultrasound, heat (before), ice (after)

4-5 Months: resume full pain free AROM, maintain ROM and flexibility, return to full activity