

Clavicle Fracture Open Reduction Internal Fixation (ORIF)

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Surgeon must specify on the referral any specific requests or deviations that fall outside the scope of this protocol.

Phase I (Weeks 0 – 2)	Phase II (Weeks 3 – 6)	Phase III (Weeks 6 – 10)	Phase IV (Weeks 11 – 16)	Phase V (Months 4 – 6)
<p>PRECAUTIONS</p> <ul style="list-style-type: none"> Wear sling at all times except for bathing and therapy exercises No formal physical therapy <p>CLINIC CARE</p> <ul style="list-style-type: none"> Control of swelling and pain Home ice use (cryotherapy) <p>ROM</p> <ul style="list-style-type: none"> ROM of the hand, wrist and elbow Codman's/pendulum exercises <p>GOALS or Criteria to Advance</p> <ul style="list-style-type: none"> Wound healing and fracture consolidation Home self-care 2 weeks has elapsed since surgery 	<p>PRECAUTIONS</p> <ul style="list-style-type: none"> Wear sling except for bathing and exercise. Discontinue sling at 4 weeks if comfort allows. Protected ROM <p>CLINIC CARE</p> <ul style="list-style-type: none"> Cryotherapy <p>ROM</p> <ul style="list-style-type: none"> AROM + PROM in forward elevation, IR and ER <p>EXERCISE</p> <ul style="list-style-type: none"> Supervised AROM + PROM forward elevation Supervised IR/ER with arm at side <p>GOALS or Criteria to Advance</p> <ul style="list-style-type: none"> Protected ROM 6 weeks has elapsed since surgery Forward flexion of 135° ER of 30° at side 	<p>PRECAUTIONS</p> <ul style="list-style-type: none"> Discontinue sling Gentle strengthening <p>EXERCISE</p> <ul style="list-style-type: none"> Continue AROM + PROM in forward elevation, IR and ER Begin isometric and active-assisted rotator cuff and periscapular strengthening below shoulder level (progress as tolerated) <p>GOALS or Criteria to Advance</p> <ul style="list-style-type: none"> 10 weeks has elapsed since surgery Forward flexion 170° 	<p>PRECAUTIONS</p> <ul style="list-style-type: none"> Progressive strengthening <p>EXERCISE</p> <ul style="list-style-type: none"> Progress AROM + PROM in all planes Gentle active rotator cuff and periscapular strengthening below shoulder level (advance as tolerated) <p>GOALS or Criteria to Advance</p> <ul style="list-style-type: none"> Full range of motion Progressive strength and endurance with limited symptoms 	<p>PRECAUTIONS</p> <ul style="list-style-type: none"> Limited symptoms with activities <p>EXERCISE</p> <ul style="list-style-type: none"> Maintenance rotator cuff and periscapular strengthening and stretching Sport/Work specific activities and exercises <p>GOALS or Criteria to return to sport</p> <ul style="list-style-type: none"> >90% of limb symmetry on Functional Testing

Revised 9/2020