

## Clavicle Open Reduction Internal Fixation (ORIF) PT Protocol

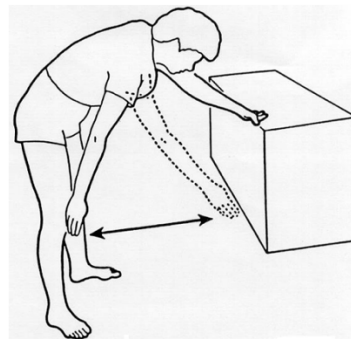
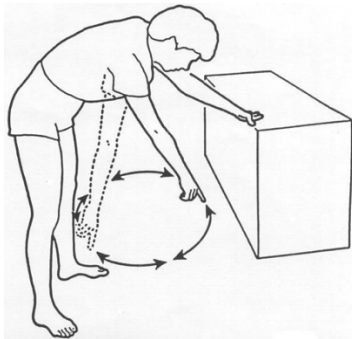
### PHASE I (0-1 WEEKS): INITIAL WOUND HEALING, FRACTURE CONSOLIDATION

- No formal PT.
- ROM at home (Codman's/Pendulums (see below) and elbow/wrist ROM)

### HOME EXERCISES

**Pendulums:** Stand supporting yourself on a table with your good arm. Let your other arm hang down completely relaxed and slowly move it in a circular motion both clockwise and counter clockwise. Keep your circles within the width of your feet.

**Codmans:** Stand supporting yourself on a table with your good arm. Let your other arm hang down completely relaxed and slowly move it forward & back as well as side-to-side motion.



### PHASE II (1-3 WEEKS): PROTECTED ROM

- Start formal PT
- Sling at all times (may remove for showering or use a shower sling)
- Supervised A+PROM forward elevation, IR/ER with arm at side

### PHASE III (3-6 WEEKS): BEGIN STRENGTHENING.

- D/C sling at 3 weeks
- Continue A+PROM forward flexion, IR/ER with arm at side
  - Goals by 6 weeks: forward flexion >140 deg, ER @ side >40 deg
- Begin isometric and active-assisted cuff and periscapular strengthening (below shoulder level) and progress as tolerated.

#### **PHASE IV (6-12 WEEKS): ADVANCE STRENGTHENING**

- Progress A+PROM in all planes
- Start gentle active cuff and periscapular strengthening (below shoulder level); advance as tolerated.

#### **PHASE IV (3-6 MONTHS): SPORT-SPECIFIC**

- Maintenance program of cuff and periscapular stretching/strengthening
- Transition to sport/labor-specific activities