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ORIF Clavicle Fracture Postoperative Protocol

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
Weeks 0-2 PT 1x/week HEP daily	Edema and pain control Protect surgical repair FF 120°, ER 40° IR behind back	Sling except exercises & shower No active FF or abduction WB restrictions: cell phone only	Elbow, wrist, hand ROM Gripping exercises Codman/Pendulum Supine passive FF to 120° ER to 45°
Weeks 2-6 PT 1-2x/week HEP daily	Progressive Full passive/AAROM/AROM	Wear sling in public No sling for ADL's	Advance P → AAROM → AROM Isometrics biceps, deltoid, triceps, ER, and IR Posture training
Weeks 6-12 PT 1-2x/week HEP daily	Full ROM Scapular humeral rhythm Restore strength 5/5 Improve endurance	Avoid rotator cuff irritation	Advance strengthening as tolerated
Weeks 12+ HEP daily	Return to activity	Return to sport (MD directed)	Maintenance exercises