

Clavicle Fracture Rehab Protocol – Operative (ORIF)

Post-op visits:

- 2w, 6w, 12w, more as needed

Xrays:

- Will be done at each visit

Physical therapy:

- Therapy prescription will be provided at your 2-week appointment.

Home exercise program (HEP):

- These are a guide for you and the physical therapist; physical therapist may add on exercises as necessary for rehabilitation

Weeks 0-2:

Sling	• Sling for pain control – may discontinue sling when ready
Weight Restrictions	• < 1 lb (phone, toothbrush, etc) ◦ May begin using arm for daily activities in front of body (i.e. computer/desk work) • No strengthening
Range of Motion	• Start progressive passive and active motion within pain tolerance ◦ No motion restriction
Exercises	• Shoulder General Phase II Home Exercise Program – Scapular stabilization
Misc	• Ice 3-4x/day with ice packs on towel over clavicle

Weeks 2-6:

Sling	• Out of sling
Weight Restrictions	• < 10 lb
Range of Motion	• Progress to full motion
Exercises	• Shoulder General Phase III Home Exercise Program – Scapular stabilization + isometric exercises
Misc	• Ice 3-4x/day with ice packs on towel over shoulder

Weeks 6+:

Sling	• None
Weight Restrictions	• May start full, progressive strengthening without limits if full, painless ROM achieved and fracture is non-tender to palpation
Range of Motion	• Full motion
Exercises	• Shoulder General Phase IV Home Exercise Program – Scapular and shoulder strengthening

Return to sport:

- Return to sport criteria:
 - Full, painless range of motion without apprehension
 - Similar shoulder strength to contralateral
 - Painless sport specific exercises
- ~6-8m for non-contact athletes
- ~8-12w for contact/overhead athletes