



**Brian B. Gilmer, MD**  
US Ski Team Physician

**Karly M. Dawson PA-C**  
Teaching Associate

## REHABILITATION GUIDELINES FOR CLAVICLE FRACTURE S/P ORIF

PHASE I (1-3 WEEKS POST OP)

DATES:

Appointments	MD appointment at (7-10 days) Begin physical therapy (after 3-5 days post op 1-2x week x 3 weeks)
Rehabilitation Goals	<ul style="list-style-type: none"> <li>• Protect surgical repair</li> <li>• Prevent shoulder stiffness</li> <li>• Wound healing</li> <li>• Decrease pain and swelling</li> </ul>
Precautions	<ul style="list-style-type: none"> <li>• Sling for 6 weeks for patient comfort at all times (unless otherwise specified by MD in post-op note)</li> <li>• PROM flexion and abduction to full with slow progression</li> <li>• PROM IR/ER in neutral to full without restrictions</li> <li>• NWB x 6 weeks</li> </ul>
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> <li>• Pendulums</li> <li>• Scapular retraction AROM</li> <li>• PROM table slides flexion to 90 degrees only</li> <li>• Cervical and wrist ROM and stretching</li> </ul>
Cardiovascular Exercises	<ul style="list-style-type: none"> <li>• Stationary Bike</li> </ul>
Progression Criteria	<ul style="list-style-type: none"> <li>• Pain free PROM up to 90 degrees</li> </ul>

PHASE II (3-6 WEEKS POST OP)

DATES:

Appointments	Continue physical therapy (2x week x 3 weeks)
Rehabilitation Goals	<ul style="list-style-type: none"> <li>• Protect surgical repair</li> <li>• Gain ROM</li> <li>• Begin light pain free strengthening in neutral</li> <li>• Scar tissue management</li> </ul>



Precautions	<ul style="list-style-type: none"><li>• Continue sling till 6 weeks unless MD orders state differently</li><li>• NWB x 6 weeks</li><li>• No lifting &gt; 1-2 lbs x 6 weeks</li></ul>
Suggested Therapeutic Exercises	<ul style="list-style-type: none"><li>• Begin AAROM and AROM below 90 degrees pain free</li><li>• Start Isometrics in neutral</li><li>• ER/IR with light resistance in neutral (no strength above chest level)</li><li>• Scapular strength progression</li></ul>
Cardiovascular Exercises	<ul style="list-style-type: none"><li>• Walking</li><li>• Stationary Bike</li></ul>
Progression Criteria	<ul style="list-style-type: none"><li>• &gt; 75% ROM</li></ul>

PHASE III (6-12 WEEKS POST-OP)

DATES:

Appointments	Continue physical therapy (1-2x week x 6 weeks)
Rehabilitation Goals	<ul style="list-style-type: none"><li>• Gain full ROM</li><li>• Strengthen through entire ROM</li><li>• Return to Sport training at 10-12 weeks</li><li>• Normalize shoulder mechanics in available ROM</li></ul>
Precautions	<ul style="list-style-type: none"><li>• Return to Sport 12 + weeks</li><li>• Avoid heavy lifting overhead and out from body x 12 weeks</li></ul>
Suggested Therapeutic Exercises	<ul style="list-style-type: none"><li>• Overhead ROM progressing from light to moderate resistance</li><li>• ER/IR strength at 90/90</li><li>• Proprioceptive exercises</li><li>• Slow progression of weight bearing on wall/table to floor</li><li>• Plyometric training 10-12 weeks</li><li>• Sports specific training 10-12 weeks</li></ul>
Cardiovascular Exercises	<ul style="list-style-type: none"><li>• Walking</li><li>• Biking 6-8 weeks</li><li>• Swimming 8-10 weeks</li></ul>
Progression Criteria	<ul style="list-style-type: none"><li>• Return to Sport 3-6 months</li></ul>

PT name and date: Julie Perumal PT, DPT 4/13/18

MD name and date: Approved by Dr. Timothy Crall 4/30/18



**MAMMOTH ORTHOPEDIC INSTITUTE**

85 Sierra Park Road • Mammoth Lakes, CA 93546 • 760.924.4084

162 South Main Street • Bishop, CA 93514 • 760.872.7766

**SIERRA PARK PHYSICAL AND OCCUPATIONAL THERAPY**

85 Sierra Park Road • Mammoth Lakes, CA 93546 • 760.934.7302

162 South Main Street • Bishop, CA 93514 • 760.872.2942