

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

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"> • Protect surgical repair • Gain ROM • Begin light pain free strengthening in neutral • Scar tissue management
Precautions	<ul style="list-style-type: none"> • Continue sling till 6 weeks unless MD orders state differently • NWB x 6 weeks • No lifting > 1-2 lbs x 6 weeks
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> • Begin AAROM and AROM below 90 degrees pain free

	<ul style="list-style-type: none"> • Start Isometrics in neutral • ER/IR with light resistance in neutral (no strength above chest level) • Scapular strength progression
Cardiovascular Exercises	<ul style="list-style-type: none"> • Walking • Stationary Bike
Progression Criteria	<ul style="list-style-type: none"> • > 75% ROM

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

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