



Jordan M. Meiss, MD

ORIF Clavicle

This information and protocol is a guideline, individual variations and changes will apply

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
Weeks 0-4 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 Non weight bearing	Elbow, wrist, hand ROM Gripping exercises Codman/Pendulum Supine passive FF to 120° ER to 45°
Weeks 4-8 PT 1-2x/week HEP daily	Full PROM	Wear sling in public No sling for ADL's Avoid active FF or abduction Non weight bearing	Advance P → AAROM Max FF 140° until 6 weeks then advance Max ER 45° until 6 weeks then advance Submaximal sometrics biceps, deltoid, triceps, ER, and IR Posture training
Weeks 8-12 PT 1-2x/week HEP daily	Full ROM Scapularhumeral 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