

# Clavicle ORIF Protocol

	<b>Phase I: Weeks 0-2</b>	<b>Phase II: Weeks 3-6</b>	<b>Phase III: Weeks 7-12</b>
Weight-Bearing and Immobilization	<ul style="list-style-type: none"> <li>• Non-weight-bearing</li> <li>• Sling at all times except for during pendulum (see below)</li> </ul>	<ul style="list-style-type: none"> <li>• No lifting &gt;1 lbs.</li> <li>• Sling at all times unless performing PT exercises</li> </ul>	<ul style="list-style-type: none"> <li>• Discontinue sling</li> <li>• Gradually progress to WBAT</li> </ul>
Aerobic	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• Stationary bike</li> </ul>	<ul style="list-style-type: none"> <li>• Begin light walk-jog-run progression if desired</li> </ul>
Range of Motion (ROM) and Strengthening	<ul style="list-style-type: none"> <li>• Pendulum exercises 4-5 times daily</li> <li>• Isometric deltoid, IR, and ER exercises at neutral rotation only</li> <li>• Hand squeeze/pumps</li> <li>• AROM of elbow, wrist, and fingers</li> </ul>	<ul style="list-style-type: none"> <li>• Continue Phase I exercises including isometrics</li> <li>• ROM Goals (start supine) <ul style="list-style-type: none"> <li>▸ PROM/AAROM 90° maximum weeks 2-4</li> <li>▸ PROM/AAROM 120° maximum weeks 4-6</li> </ul> </li> <li>• Scapular retraction</li> <li>• Elbow, forearm, and hand ball squeeze exercises as tolerated</li> </ul>	<ul style="list-style-type: none"> <li>• Continue Phase II exercises</li> <li>• Progress to full AROM</li> <li>• Strengthening <ul style="list-style-type: none"> <li>▸ Begin after full ROM has been achieved</li> <li>▸ Begin with FF, IR, ER and ABD band exercises and progress to light weights as tolerated</li> <li>▸ Scapular stabilization</li> <li>▸ At 12+ weeks may increase resistance</li> </ul> </li> <li>• At 12+ weeks may begin progressive return to full activities</li> </ul>
Other	<ul style="list-style-type: none"> <li>• Heat before and/or ice after PT sessions as needed</li> <li>• Modalities as needed to reduce pain/swelling and for muscle re-education</li> <li>• Home Exercise Program (HEP) per discretion of Physical Therapist</li> </ul>		
Goals	<ul style="list-style-type: none"> <li>• Pain control</li> <li>• Protect tissue healing</li> <li>• Minimize joint stiffness</li> </ul>	<ul style="list-style-type: none"> <li>• Continue pain control</li> <li>• Continue to protect tissue healing</li> <li>• Begin ROM exercises</li> </ul>	<ul style="list-style-type: none"> <li>• Achieve full ROM</li> <li>• Begin strengthening</li> <li>• Progress activities at 12+ weeks</li> </ul>