



Clavicle Fracture Open Reduction Internal Fixation

<u>Postop</u>	<u>Goals</u>	<u>Range of Motion</u>	<u>Shoulder Immobilizer</u>	<u>Exercises</u>
Phase I Weeks 0-4 PT 1x/ week HEP daily	Protect surgical repair Edema and pain control	Supine full PROM 1 st day post-op Full AAROM week 2-3	Sling except exercises & shower Non weight bearing	Elbow, wrist, hand ROM Gripping exercises Codman/Pendulum
Phase II Weeks 4-8 PT 1-2x/week HEP daily		Full AROM	Wear sling in public No sling for ADL's Non weight bearing	Advance AROM Submaximal isometric biceps, deltoid, triceps, ER, & IR Posture training
Phase III Weeks 8-12 PT 1-2x/week HEP daily	Scapulohumeral rhythm Restore Strength 5/5 Improve endurance Avoid rotator cuff irritation	Full	None	Advance strengthening as tolerated
Phase IV Weeks 12+ HEP daily	Return to activity	Full	None	Maintenance exercises Return to sport (MD directed)