



Clavicle Fracture Open Reduction Internal Fixation

<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 Full PROM in supine position 1 st day post-op Full AAROM week 2 or 3	Sling except exercises & shower Non weight bearing	Elbow, wrist, hand ROM Gripping exercises Codman/Pendulum Supine full PROM Full AAROM (week 2-3)
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 isometrics 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

Physician's Signature: __