

Clavicle ORIF Protocol

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