CLAVICLE OPEN REDUCTION INTERNAL FIXATION

Date of Surgery: _____

Weeks 0 - 2
- Sling at all times except may remove for pendulum exercises 4-5 times per day
- Non weight bearing
- Isometric deltoid and IR/ER at neutral rotation
- Hand squeeze, elbow/wrist/finger AROM

Weeks 2 - 6
- Sling use when not performing exercises, otherwise wear at all times
- Pendulum exercises as above
- Isometric deltoid and IR/ER at neutral rotation
- PROM/AAROM 90 degrees max for weeks 2-4 (start supine)
- PROM/AAROM 120 degrees max for weeks 4-6 (start supine)
- No lifting > 1 lb
- Scapular retraction
- Elbow/forearm/ball squeeze exercises as tolerated
- Stationary bike for cardiovascular

Weeks 6 - 12
- D/c sling and continue above exercises until goals met
- Progress to full AROM and weight bearing as tolerated
- Achieve full ROM prior to beginning strengthening
- Begin theraband strengthening IR/ER/FF/Ab when ROM full
- Scapular stabilizing exercises
- Begin light jog treadmill if desired

Weeks 12+
- Increase resistance to above strengthening exercises
- Progressive return to full activities
- Return to sport determined by MD

Modalities/Other: