



4140 Centennial Hills Boulevard • Casper, WY 82609 • (307) 265-7205

CLAVICLE ORIF

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IMMOBILIZATION/ BRACE:

- Immobilizer brace 4 - 6 weeks.
- Use at all times when up and about and when sleeping.
- Remove for exercises

ROM GOALS:

- NO ROM above shoulder level x 6 weeks.
- Week 6 and beyond:
 - Progress to FULL AA/PROM as tolerated

INITIAL SPECIAL PRECAUTIONS/ LIMITATIONS:

- Support weight of arm when out of immobilizer.
- Avoid direct pressure on shoulder or clavicle x 3 months.
- Avoid weight bearing activities on affected upper extremity x 3 months.
- Additional restrictions may be prescribed depending on additional surgical findings/ procedures and/or surgeon preference.

REHABILITATION PROGRAM:

PHASE I- weeks: 0 - 6

RANGE OF MOTION:

- Passive and Active Assisted ROM exercises *below* shoulder level
- Supported Pendulum and “rock the baby” exercises and bent over flexion to shoulder level
- WAND ER AAROM *seated* with arm supported on pillow
- Active motion of elbow, wrist and hand.

STRENGTHENING:

- *Sub maximal*, multiplanar shoulder **isometrics** done in neutral position
- Scapular retraction/shrug/ circle exercises.
- Gripping and AROM elbow.



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PHASE II- weeks 6-8:

RANGE OF MOTION :

- 1) **Progress Passive and Active Assisted ROM** exercises as tolerated using **WAND** supine, overhead pulley, self assist with well arm in supine,
- 2) **Continue supported Pendulum and “rock the baby” as needed.**
- 3) **IR , posterior capsular and Pec stretches as needed**

STRENGTHENING:

Continue above-- **ADD:**

- **AROM supine to shoulder level:** scaption and Abduction slides w/o weights.
- **Theraband – light resist** IR, ER, Rows, and Ext
- **“Ball on Table”** scapular stabilization below shoulder level.

CONDITIONING:

- **UBE** with light resistance.

PHASE III- weeks 8 -12:

RANGE OF MOTION:

- Progress to Full ROM as tolerated
- Assisted passive ROM and joint mobilization assisted by PT clinic as needed.

STRENGTHENING: ADD:

- **Theraband -** Scaption “Plus” protraction (in scapular plane) **to 90’**
- **UBE** : increase as tolerated minimal to moderate resistance and time.
- **“Ball on Wall”**

PHASE IV- WEEKS 12-16:

RANGE OF MOTION: *Progress to FULL*

STRENGTHENING: ADD

1) Hand Weights -

- **SIDE ER** with pillow under elbow
- **PRONE** – “Y’s” , “T’s” and “ I’s”

2) Cable pulley weights- Rows, extensions, front Pull downs, IR, ER.

3) “Closed Chain” / Scapular Stabilization progression: inclined / Wall push-ups (avoid elbow past shoulder level); “ball on wall”, weight bearing over gym ball, wobble board, Vew–Do board etc., and weight shifting ‘step ups” (should avoid these positions if any multidirectional/ posterior instabilities noted).

4) Plyoball--progress to two handed forward chest pass, overhead pass

5) Body Blade progressions

CONDITIONING: increase UBE time and resistance/ interval training- both directions.



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PHASE V: beyond 16 weeks:

STRENGTHENING:

- 1) Continue **Hand weight** exercises in a progressive resistive manner.
- 2) Progress to **regular push-ups**.
- 3) Consider more advanced weight training at gym with modifications if given the clearance of the surgeon and guidance of the Physical therapist.
- 4) Advance to **UE Functional training program as tolerated**.

CONDITIONING: continue UBE. May start swimming using breast stroke.

Return to activity/ Duty: usually at 5- 6 months with return of strength and stability and OK of surgeon.