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### ***Clavicle ORIF Protocol***

#### \_\_\_\_\_ Weeks 0-2:

- Wear sling **at all times** except for exercises and bathing
- Elbow, wrist, hand ROM. Grip strengthening. Ball squeezes
- Begin pendulum exercises at 1 week
- Isometric rotator cuff/shoulder exercises with arm at side starting week 1
- Cardiovascular training (i.e. stationary bike) ok to do
- Modalities: heat or ice

#### \_\_\_\_\_ Weeks 2-6:

- Sling may be worn in daytime only
- Begin PROM exercises
  - Limit flexion to 90°, ER to 45°, extension to 20°
  - Do not elevate arm above 90°
- Gentle pulley for shoulder ROM
- Elbow pivots PNF / wrist PNF
- Isometric scapular PNF, mid-range
- No resisted shoulder motion
- No lifting over 5lbs
- Modalities: Heat before PT, ice after PT, other modalities as needed

#### \_\_\_\_\_ Weeks 6-12:

- Start mid-range motion of rotator cuff ER/IR
- Begin AAROM/AROM, advance PROM as tolerated to full
  - Goal: Full extension, 125° flexion, 120° abduction
  - Avoid extreme end ROM until week 8
- No repeated heavy resistance exercises/lifting

#### \_\_\_\_\_ Months 3-6 (if needed):

- Return to full motion
- Advance strengthening as tolerated
- Maintenance home flexibility and exercise program
- Sport or vocation specific rehabilitation
- Return to specific sport determined by PT through functional testing