



## CLAVICLE FRACTURE / ORIF

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
<b>Weeks 0-4</b> PT 1x/wk HEP daily	Edema and pain control	Sling except exercises & shower  No active shoulder elevation  Non weight bearing	Neck/elbow/wrist/hand AROM Gripping exercises Codman/pendulum PROM FLEX to 120° PROM ER to 45°
<b>Weeks 4-6</b> PT 1-2x/wk HEP daily	Full PROM	Non weight bearing	AAROM up to 140° FLEX, 45° ER  Isometric ER, IR, deltoid, triceps, biceps  Scapular retraction
<b>Weeks 6-8</b>	Full ROM		AAROM to tolerance
<b>Weeks 8-12</b>	Full ROM  Restore Strength 5/5  Improve endurance		AROM  Isotonic strengthening of rotator cuff, biceps, triceps, and scapular stabilizers  Advance strengthening as tolerated

\*\*Protocol designed to indicate full weeks completed ie. 4 weeks means end of 4<sup>th</sup> week, not beginning of 4<sup>th</sup> week\*\*