

Clavicle ORIF Post op Rehab Protocol

Week 1

Sling. May remove sling to do Pendulum exercises. No active shoulder motion. Elbow and wrist ROM exercises, but no resisted exercises.

Goals: Maintain elbow and wrist ROM, prevent shoulder stiffness, control pain and swelling. Protect the repair.

Weeks 2-3

Continue sling. Sling may be removed for exercises. May begin passive motion to 90 degrees. Continue pendulum exercises.

No lifting anything heavier than a pencil in operative hand.

Gentle IR/ER resistance with arm at side may be started.

Goals: Initiate shoulder ROM. Prevent pain. Protect the repair.

Weeks 4-8

May begin to wean from sling. PROM beyond 90 degrees.

Rope/pulley OK for flexion/scaption.

No lifting anything heavier than a pencil.

Weeks 8-12

If X-rays show no change in hardware, may begin full active and passive motion.

If radiographs are showing signs of union, may begin to slowly incorporate resistance and strengthening exercises. May now use arm to lift nothing heavier than a carton of milk.

Once 2 weeks of resistance exercises have been performed, then may work on aggressive shoulder rehab to return to sports. Once painless shoulder function has been achieved and strength has returned, and an athlete has completed the return to play rehab, then an athlete may return to play.

STRENGTH

Progress strengthening program with increase in resistance and high speed repetition

Progress with eccentric strengthening of posterior cuff and scapular musculature

Initiate single arm plyotoss

Progress rhythmic stabilization activities to include standing PNF patterns with tubing

UBE for strength and endurance

Initiate military press, bench press, and lat pull-downs

Initiate sport specific drills and functional activities

Initiate interval throwing program

Initiate light plyometric program

GOALS OF PHASE:

- Full ROM
- Maximize upper extremity strength and endurance
- Maximize neuromuscular control
- Initiate sports specific training/functional training