



# Mid-America Orthopedics

**Dr. Justin Strickland**

1824 E. James, Derby, KS 67037 – (316) 978-9000

## Clavicle ORIF Protocol

**General Instructions:** Begin PT post-op day #1. Leave postoperative dressings on until the 3<sup>rd</sup> postoperative day. May get incisions wet after POD #3. No submersion for 4 weeks.

### Week 0-2:

- **ROM:**
  - PROM-in all planes to patient's tolerance
  - Codman Exercises
- **Sling:** Wear at all times except during PT appointments.

### Week 2-3:

- **ROM:** Begin AAROM
  - Continue with PROM
- **Sling:** Discontinue

### Weeks 3-6:

- **ROM:** Begin AROM
  - Continue with AAROM and PROM as needed
- **Strength:** Begin gentle strengthening
  - Rockwoods
  - Isometrics
  - Prone Scapular Stabilization

**Weeks 6-8:**

- **ROM:** As tolerated
- **Strengthening:** As tolerated
  - Patient needs to be cleared by MD before returning to normal weight lifting/gym activity.