



# Mid-America Orthopedics

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## **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.