



Mid-America Orthopedics

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CLAVICLE ORIF PROTOCOL

Day 14-41 Post-op

- **No formal PT for first 2 weeks post-op**
- **ROM:**
 - PROM/AAROM/AROM in all planes per pt. tolerance
 - Cane/pulleys
- **Sling:** Discontinue

6-8 Weeks Post-op

- **ROM:** Continue ROM with goal of full AROM in all planes without pain
- **Strength:** Begin gentle strengthening if there is good ROM
 - Rockwoods
 - Isometrics
 - Prone Scapular Stabilization
 - Light glenohumeral rhythmic stabilization in supine
 - Initiate light UBE

8 Weeks Post-op

- **ROM:** As tolerated
- **Strengthening:** As tolerated
 - Progress isotonic strengthening
 - Continue progressing previous strengthening exercises
 - If strength and motion are full, and there is good healing on x-rays the patient may return to sports when pain free.

Patient progression during the time frames along with general modality and exercise choice is left up to the discretion of the treating therapist. If you have any questions regarding this protocol, please contact (316) 630-9300.