

• **CLAVICLE ORIF**



Post-op protocol for **Daniel Myer, M.D.**

Sling Use * depends on type of fracture

Sling for 6-8 weeks; OK to remove for sleeping after 2 weeks

Phase I: (Passive)

Week 2-5

- Pendulums to warm-up.
- Passive Range of Motion
- Supine External Rotation – Full
- Supine Forward Elevation – Full- ***but slowly and be careful!
- Internal Rotation - Full

Phase II:
(Active/Assistive)

Week 6-8

- Pendulums to warm-up.
- Active Assistive Range of Motion with Terminal Stretch to prescribed limits.
- Supine-Seated External rotation - Full
- Supine-Seated Forward Elevation - Full
- Internal Rotation - Full

Phase III:
(Resisted)

Week 9+

- Pendulums to warm up and continue with phase 2.
- External and Internal Rotation
- Standing forward punch
- Seated rows
- Bicep Curls
- PRE's for Periscapular Strengthening

Weight Training:

Week 12

- Keep hands within eyesight
- Keep elbows bent.
- Minimize overhead activities
(No Military press, pulldown behind head, or wide grip bench)

Return to activities:

Immediately

Computer, eating, holding a book, typing, writing

3-4 months

Golf

4 months

Tennis / swimming / aggressive bike riding

4-6 months

Contact Sports