

Clavicle ORIF Outpatient Protocol/Guidelines

Surgeon must specify on the referral any specific requests or deviations that fall outside the scope of this protocol.

Phase I (0-4 Weeks)	Phase II (Weeks 4-8)	Phase III (Weeks 8 - Discharge)
<p style="text-align: center;">PRECAUTIONS</p> <ul style="list-style-type: none"> • Sling for 4-6 weeks, per MD • No lifting objects > 1# (ADLs) <p style="text-align: center;">ROM</p> <ul style="list-style-type: none"> • Shoulder PROM, progressing to AAROM <ul style="list-style-type: none"> • Flexion to 90° • ER as tolerated at neutral; ER/IR to 45° (at 90°) • Active elbow, wrist hand AROM <p style="text-align: center;">EXERCISE</p> <ul style="list-style-type: none"> • Isometrics • Scapular retraction • Wand exercises (ER at neutral) • Pendulums <p style="text-align: center;">GOALS</p> <ul style="list-style-type: none"> • Obtain ROM within restrictions 	<p style="text-align: center;">PRECAUTIONS</p> <ul style="list-style-type: none"> • Continue sling to 6 weeks if recommended <p style="text-align: center;">ROM</p> <ul style="list-style-type: none"> • Begin AROM at week 4 <ul style="list-style-type: none"> • Flexion restricted up to 120°, weeks 4-6 <p style="text-align: center;">EXERCISE</p> <p>Progress to strengthening once patient is able to demonstrate proper kinematics</p> <ul style="list-style-type: none"> • OKC Shoulder/Scapular strengthening • Rhythmic stabilization • Proprioception drills <p style="text-align: center;">GOALS</p> <ul style="list-style-type: none"> • Restore range of motion • Increase strength • Improve neuromuscular control • Enhance proprioception and kinesthesia 	<p style="text-align: center;">PRECAUTIONS</p> <ul style="list-style-type: none"> • No return to non-contact sports until week 8 or cleared by MD <p style="text-align: center;">ROM</p> <ul style="list-style-type: none"> • Full ROM <p style="text-align: center;">EXERCISE</p> <ul style="list-style-type: none"> • Progress shoulder and scapular strengthening as tolerated • Progress to CKC activity as tolerated • Overhead/chest press may begin at week 12 <p style="text-align: center;">GOALS</p> <ul style="list-style-type: none"> • Return to normal ADLs • Progress to sports specific rehab

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REFERENCES

Protocols of Drs. Cole, Morgan, and Swionkowski
 Mass General protocol
 TCO protocols (Lervick and Bjerke)