

Physical Therapy Protocol Clavicle Open Reduction Internal Fixation

Recommendation: PT/OT visits 2-3x/week for 0-3 months then 1x/week for 3-6 months

Day 0-14

- Sling for comfort
- Gentle passive ROM of shoulder, elbow, wrist
- Limitations for passive shoulder range of motion
 - Forward flexion 90 degrees
 - Abduction 90 degrees

Week 2-6

- Begin active shoulder range of motion
 - Forward flexion 90 degrees
 - Abduction 90 degrees
- Soft tissue mobilization
- No sling

Week 6-10 (Goal for full PROM)

- Focus on achieving full passive range of motion
- No range of motion limitations
- No resistance

Week 10-16 (Goal for full AROM)

- Active and passive ROM
- Light resistance (<5lbs)
- Elastic bands
- Work towards home program

Week >16

- Resistance training as tolerated
- Closed chain exercises
- Return to daily function
- Home program