

Physical Therapy Prescription

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Clavicle Fracture ORIF Protocol

Surgical Date:

Side: Right Left

Phase	Goals	Precautions	Exercises
Phase 1: Weeks 0 - 6	Edema and pain control Protect Repair	Sling at all times including sleep OK to remove for showers and exercises Avoid weight bearing on arm	Codman and Pendulum Scapular stabilization Elbow, wrist, hand ROM OK to begin ROM below shoulder level at 2 weeks
Phase 2: Weeks 6-12	Increase ROM Shoulder flexion/abduction to tolerance Progressive IR/ER as tolerated	DC sling Avoid forceful pushing/pulling/lifting overhead	Advance P/AA/AROM as tolerated Continue isometrics Progress to bands as tolerated scapular stabilization Progress AA/PROM to FF 155°, ABD 135°, ER 45°, ABER 90°, ABIR 45° AROM in the plane of the scapula (supine → standing) Begin ER & IR isometrics Modalities as needed
Phase 3: Weeks 13 - 16	Full ROM Normalize scapulohumeral rhythm throughout ROM Restore strength 5/5	Avoid painful ADL's Avoid rotator cuff inflammation Avoid excessive passive stretching OK to begin running/cycling	A/AA/PROM no limits Theraband exercises Scapular PREs Advance scapulohumeral rhythm Endurance: upper body ergometer (UBE) Begin resistive strengthening for scapula, biceps, triceps, and rotator cuff once ROM 75%
Phase 4: Weeks	Progress towards full activities	Weight training/contact sports	Progress with strengthening program Sport specific training

16+	Return to full sports if fracture healed		
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Treatment: 1-2 2-3 times per week for ___ weeks. Home Program
 Modalities PRN (Ultrasound/Phonophoresis/E-stim/Ice/Heat)

Physician's Signature: _____

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