

Physical Therapy Prescription

Clavicle Fracture ORIF REHABILITATION PROTOCOL			
TIME PERIOD	RANGE OF MOTION	SLING	EXERCISES
0-2 weeks	Hand, elbow, wrist range of motion. Pendulum Exercises for shoulder.	All times. Remove 3 times/day for range of motion exercises	Wrist, elbow, and hand ROM. Pendulums for shoulder.
3-6 weeks	Active shoulder range of motion. NO Strengthening.	Ok to remove at home, must wear in public or any uncontrolled environments	Scapular stabilization, core strengthening, shoulder range of motion but no shoulder strengthening.
6-10 weeks	Progress to full range of motion	None	Rotator cuff strengthening. May return to all activities at 10 weeks.

*****Begin physical therapy at 2-3 weeks post op.**

<p>Dane Todd, MD Questions please call: # 402-488-3322 Fax: 402-488-3336</p> <p>Patient Name: _____ Surgery Date: _____</p> <p>Diagnosis: status post Clavicle ORIF Side (Circled): Right Left</p> <p>Physical therapy to evaluate and treat for post op Clavicle ORIF using the above protocol. 1-2x per week for 10 weeks.</p> <p>Notes: _____</p> <p>MD signature:</p>
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