**Clavicle ORIF Postoperative Guidelines**

Immediate Post-Operative Instructions:

Do not elevate surgical arm above 90 degrees in any plane for the first 4 weeks

Do not lift any objects over 5 pounds with the surgical arm for the first 6 weeks

AVOID repeated reaching for the first 6 weeks

Ice shoulder 3-5 times (15 minutes each time) per day to control swelling and inflammation

An arm sling is used for 4-6 weeks after surgery

Maintain good upright shoulder girdle posture at all times and especially during sling use.

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| Post Op Time: | Exercise Progression |
| Week 1 | * Exercises 3x/day: pendulum exercises, squeeze ball, triceps with TheraBand, isometric rotator cuff external and internal rotations with arm at side, isometric shoulder abduction, adduction, extension, and flexion with arm at side * Soft tissue treatments for associated shoulder and neck musculature for comfort * Cardiovascular training such as stationary bike throughout rehabilitation period |
| Week 2-6 | * Soft tissue treatments for associated shoulder and neck musculature for comfort * Gentle pulley for shoulder ROM 2x/day * Elbow pivots PNF, wrist PNF * Isometric scapular PNF, mid-range * Strive for progressive gains to active 90 degrees of shoulder flexion and abduction (though not beyond 90 degrees) |
| Week 6-8 | * Start mid-range of motion rotator cuff external and internal rotations * Active and light resistance exercises (through 75% of ROM as patient’s symptoms permit) * Shoulder elevation and avoiding extreme ROM |
| Week 8-12 | * Full shoulder active ROM in all planes * Increase manual mobilizations of soft tissue as well as glenohumeral and scapulothoracic joints for ROM * No repeated heavy resisted exercises or lifting until 3 months |
| Week 12 and beyond | * Start a more aggressive strengthening program as tolerated * Increase the intensity of strength and functional training for gradual return to activities and sports * Return to specific sports is determined by the physical therapist through functional testing specific to the injury |