



## **ORIF Clavicle Fracture**

### **Accelerated Post op physical Therapy Plan**

**Date of Surgery:** \_\_\_\_\_

**Surgeon:** \_\_\_\_\_

**Sling Use:** \_\_\_ 2 wks \_\_\_ 4 wks \_\_\_ 6wks

## ORIF Clavicle Fracture

### Accelerated Post op physical Therapy Plan

	<b>Interventions</b>	<b>Milestones</b>
Phase 1 (0-2wks)	<ul style="list-style-type: none"> <li>• Pendulums</li> <li>• AROM elbow/hand/wrist</li> <li>• Scapular squeeze</li> <li>• Isometrics in neutral for shoulder</li> </ul>	<ul style="list-style-type: none"> <li>• Good pain control</li> <li>• Ensure sling use</li> </ul>
Phase II (2-4 wks)	<ul style="list-style-type: none"> <li>• AAROM to AROM to tolerance</li> <li>• Scapular retractions</li> <li>• Begin light shoulder isometrics</li> </ul>	
Phase III (4-8 wks)	<ul style="list-style-type: none"> <li>• DC sling</li> <li>• Full AROM as tol</li> <li>• Prone scapular stabilization</li> <li>• Light strengthening once ROM goals have been met</li> </ul>	<ul style="list-style-type: none"> <li>• Full active ROM anticipated by 8 wks</li> <li>• Strength 80% no op side</li> <li>• Prone scapular endurance test 80% no op side</li> </ul>
Phase IV (wks8+)	<ul style="list-style-type: none"> <li>• Initiate closed chain scapular stabilization</li> <li>• Initiate plyometrics</li> <li>• Thrower's 10</li> <li>• Sports specific drills</li> <li>• Progress power at 14wks</li> </ul>	<ul style="list-style-type: none"> <li>• Pass RTS testing battery</li> </ul>

\*For UE power progression exercises go to <https://www.stlukesonline.org/health-services/specialties/programs/st-lukes-sports-medicine-program/therapy-plans/power-progression-upper-extremity/phase-1>

*Anticipated return to sport 3-5 mos*

This therapy plan provides a synopsis of guidelines for recovering from sports-related surgery with St. Luke's Sports Medicine. It is provided as an educational resource. Individual circumstances vary and these plans cannot replace the advice of a medical professional.