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REHAB PROTOCOL: ORIF Clavicle

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Phase I (Protection Phase): Weeks 0-2

Precautions:

- No lifting or pushing activities with the arm
- Avoid shoulder elevation more than 120 degrees
- Use sling at all times except during shower and changing clothes or passive exercises

Exercises

- Arm in a sling to prevent swelling and support
- AROM of elbow, wrist and hand allowed during this phase
- Therapist assisted shoulder passive ROM exercises.

Phase II: Weeks 3-6

Precautions:

- No lifting or pushing activities with the arm

Exercises

- Discontinue the sling
- Continue AROM of elbow, wrist and hand allowed during this phase
- Start Active assisted ROM of shoulder followed by active ROM towards the end of this phase
- Scapular stabilizing exercises

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Phase III (Strengthening): Weeks 6-12

- Full range of motion of the shoulder and elbow
- Initiate shoulder strengthening towards the later half (9 weeks or so): start with isometrics, followed by bands and then light weights (1-2 pounds)
- Scapular strengthening exercises
- Return to sports and heavy lifting at 4 months

Modalities

- ◇ Heat and Ice
- ◇ Ultrasound
- ◇ Iontophoresis
- ◇ Phonophoresis
- ◇ Therapists' discretion
- ◇ TENS
- ◇ Trigger point massage

Evaluation and others

- ◇ Teach home exercise program

Comments:

Frequency: 3 times per week

Duration: 12 weeks

Signature: _____

Date: _____