

Clavicle ORIF Protocol

- A. 0-4 weeks post-op
 - 1. Abduction Sling
 - 2. Restrictions: No forward flexion or abduction > 90 deg.
No strengthening
 - 3. PROM / AAROM / AROM progression within restrictions
- B. 4-8 weeks post-op
 - 1. Wean from sling
 - 2. Restrictions: No strengthening until fracture healed (physician directed)
ROM work within tolerance
 - 3. PROM / AAROM / AROM to tolerance
- C. 8-12 weeks post-op
 - 1. 8 weeks post-op: Isometrics
 - 2. 10 weeks post-op: PRE