

Clavicle ORIF

Name _____ DOS: _____
 Dr. Dan Redziniak, MD DX: _____

! = Do exercise for that week/month

Week

	Phase I – Maximal Protection/ Passive Range of Motion (PROM)	1	2	3	4	5	6	7	8	9	10	13	17	21	25
PROM Restrictions <hr/> FE: Full <hr/> ER: Full <hr/> IR: Full <hr/> ABD: Full	Date:														
	Scapular Retraction-Depression	•	•	•	•	•	•								
	Cervical ROM Exercises	•	•	•	•	•	•								
	Elbow/Hand/Wrist ROM	•	•	•	•	•	•								
	Pendulums			•	•	•	•								
	Aqua Therapy for Gentle AAROM				•	•	•	•	•	•	•	•			
	Ankle Pumps to prevent DVT's	•	•	•	•	•	•								
	Passive ROM														
	External Rotation	•	•	•	•	•	•	•	•	•	•				
	Forward Elevation & Scaption	•	•	•	•	•	•	•	•	•	•				
Abduction	•	•	•	•	•	•	•	•	•	•					
Internal Rotation to Belt Line	•	•	•	•	•	•	•	•	•	•					
Internal Rotation	•	•	•	•	•	•	•	•	•	•					
Protection/Active Range of Motion (AROM)															
Active Assist ROM															
Internal & External Rotation		•	•	•	•	•	•	•							
Forward Elevation & Scaption				•	•	•	•	•							
Isometrics-Light															
Internal/External Rotation			•	•	•	•	•	•	•						
Triceps			•	•	•	•	•	•	•						
Active ROM															
Sidelying External Rotation					•	•	•	•	•	•	•				
Forward Elevation & Scaption (lawn chair progression)					•	•	•	•	•	•	•				
Salutes (lawn chair progression)					•	•	•	•	•	•	•				
Prone Horizontal Abduction with ER					•	•	•	•	•	•	•				
Prone Lower Traps to 60					•	•	•	•	•	•	•				
Prone Extensions with ER					•	•	•	•	•	•	•				
Open Chain Proprioception					•	•	•	•	•	•	•				
Low Load Prolonged Stretches															
Door Jam Series						•	•	•	•	•	•				
Towel Internal Rotation						•	•	•	•	•	•				
Cross Arm Stretch								•	•	•	•				
Sleeper Stretch							•	•	•	•	•				
TV Watching Stretch							•	•	•	•	•				
90/90 External Rotation Stretch							•	•	•	•	•				
Activities of Daily Living (ADL's)															
Eating/Drinking (Elbow motion ok)															
Dressing							•	•	•						
Washing/Showering							•	•	•						
Computer with supported arm	•	•	•	•	•	•	•	•							
Driving							•	•	•	•	•				
Lifting up to 5 lbs.								•	•	•	•				
Overhead Activity									•	•	•				
Lifting greater than 5 lbs.										•	•	•			

The intent of this protocol is to provide guidelines for progression of rehab. It is by no means intended to serve as a substitute for clinical decision making. Progression through each phase of rehab is based on clinical criteria and time frames as appropriate. It is important that each phase of rehab is mastered prior to initiating the next phase to insure proper healing of repaired tissues.

Phase III: Initial Resistance Strengthening & Proprioception	1	2	3	4	5	6	7	8	9	10	13	17	21	25
External Rotation								•	•	•	•	•	•	•
Internal Rotation								•	•	•	•	•	•	•
Punches with a plus								•	•	•	•	•	•	•
Sport Cord Rows								•	•	•	•	•	•	•
Initial push-up plus											•	•	•	•
Lower Traps								•	•	•	•	•	•	•
Bicep Curls								•	•	•	•	•	•	•
Triceps Extensions								•	•	•	•	•	•	•
Initial Closed Chain Stability											•	•	•	•
Phase IV: Advanced Resistance Strengthening & Proprioception	1	2	3	4	5	6	7	8	9	10	13	17	21	25
External Rotation at 45									•	•	•	•	•	•
External Rotation at 90									•	•	•	•	•	•
Bear Hugs									•	•	•	•	•	•
Supraspinatus Exercise									•	•	•	•	•	•
Advanced Push-up Plus												•	•	•
Advanced Closed Chain Stability												•	•	•
PNF with Resistance												•	•	•
Decelerations												•	•	•
Plyometric External Rotation												•	•	•
Phase IV: Weight Lifting in Gym and Return to Sports	1	2	3	4	5	6	7	8	9	10	13	17	21	25
NO LAT PULLS BEHIND BACK, OR WIDE GRIP BENCH PRESS														
Skiing												•	•	•
Throwing Progression												•	•	•
Overhead and Serving Sports (tennis, volleyball)												•	•	•
Contact Sports (football, hockey, lacrosse)													•	•
Swimming												•	•	•