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Rehabilitation Protocol Clavicle ORIF

SLING FOR 3 WEEKS

Week 1-3:

- Sling (ok to remove for hygiene)
- Unrestricted wrist, hand motion
- No PT first week

Weeks 3-6 :

- Passive shoulder range of motion—as tolerated
 - Limit flexion to 90 degrees
 - Limit external rotation to 45 degrees
 - Limit extension to 20 degrees
- Begin PROM activities –Codman’s, posterior capsule mobilizations; avoid stretch of anterior capsule and extension; closed chain scapula
- Passive and Active Assisted elbow range of motion—as tolerated

Week 6-12:

- Active shoulder range of motion—full
 - Begin resistive exercises for scapular stabilizers, biceps, triceps and rotator cuff
- Active elbow range of motion--full
- Begin strengthening

Week 12:

- Begin muscle endurance activities
- Aggressive scapular stabilization and eccentric strengthening
- Begin plyometric and throwing/racquet program, continue with endurance activities

RETURN TO ACTIVITIES

Computer	as tolerated
Driving	When no longer taking narcotics
Golf	3 months
Tennis	3 months

Weight training	3 months
Contact Sports	6 months