

Patient: \_\_\_\_\_ Date of Surgery: \_\_\_\_\_

**Procedure: Right/Left Clavicle Open Reduction Internal Fixation (ORIF)**

**Phase I (0-1 wk): No formal PT.** Sling at all times except for hygiene and pendulums if instructed. Home exercises of elbow and wrist ROM, grip strengthening and small pendulums.

**Phase II (1-3 wks): Protected ROM**

**Weight bearing:** NWB, ok for typing if in sling.

**Brace:** Sling at all times except hygiene. Pillow is optional for sling.

**Ice:** Not directly on skin, recommend as much as possible. 5x/day, 20 min/session for first 2 weeks. Then after activity at minimum.

**ROM:** PROM to AAROM for FE, IR/ER with arm at side. No >90°

**Phase III (4-6 wks): Discontinue immobilization**

**Weight bearing:** <2 lbs operative arm.

**Brace:** Discontinue sling after 3 weeks.

**ROM:** Continue PROM, AAROM -> AROM. Goals 140° FE, ER >40° at side at 6 weeks. Limit at home unsupervised use of arm <90°

**Exercises:** Start isometric periscapular strengthening. Can start cuff strengthening below shoulder level and progress as tolerated.

**Phase IV(6 wks-10 wks): Advance strengthening**

**Weight bearing:** Advance to tolerance.

**ROM:** No restriction

**Exercises:** Start gentle active cuff and periscapular strengthening (below shoulder level), advance to tolerance.

**Phase V (10 wks to 6 mo): Advanced activities**

**Weight bearing:** Full

**Sports:** Transition back to sport at MD discretion

**Work:** Overhead heavy lifting can begin to tolerance at ~2-3 months. Heavy labor may take 4 months.

**Exercises:** Start light gym weight training activities.

Frequency: \_\_\_\_\_x/week x \_\_\_\_\_weeks

By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary.

\_\_\_\_\_

Date: \_\_\_\_\_

Dax Varkey MD, MPH