

Patient: _____ Date of Surgery: _____

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

Phase I (0-1 wk): 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 (0-3 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