

Twincitiesshoulderandelbow.com
Dr. Chad Myeroff's Rehabilitation Protocol

Distal Clavicle Fracture – ORIF

Three times per day home exercise program including:

Phase 1: Week 0-6 (1st PT visit scheduled to follow on day of 2-week post-op surgical visit)

- Maintain sling use (except for TID finger, wrist, elbow AA/AROM, hygiene and therapy)
- Add supine passive ER 0-30°, FF 0-140°, gentle IR up the back with wand at 2 weeks post op
 - *Focus on static progressive stretching
- Periscapular isometrics in neutral
- No lifting > weight of coffee cup
- No pushing or weight-bearing through arm

Phase 2: Week 6-12

- Wean out of sling for therapy and in the house
 - Continue sling in public / work for 12 weeks
- Light and pain free biceps/triceps strengthening
- Unrestricted shoulder AA/PROM
 - Pulleys, table slides, supine wand exercises in all planes
- No lifting 5# at side of 1# overhead

Phase 3: Week 12-18 weeks

- Discontinue sling altogether
- Advance to AROM
 - Continue 4 quadrant stretches
- Phase I and II rotator cuff strengthening once ROM full
- Periscapular strengthening
- No Lifting restrictions once fracture is healed
- Independent home exercise program
- Return to high level functional ADLs and simulation of work environment

More info: twincitiesshoulderandelbow.com/clavicle/



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