

Twincitiesshoulderandelbow.com
Dr. Chad Myeroff's Rehabilitation Protocol

Clavicle Fracture – ORIF

Three times per day home exercise program including:

Phase 1: Week 0-2

- Maintain sling use (except for TID elbow wrist finger ROM, hygiene)
 - Elbow should be supported
- Rhomboid and periscapular isometrics, posture exercises
- No lifting > weight of coffee cup
 - No active shoulder ROM
- No pushing or weight-bearing through arm

Phase 2: Week 2-6

- Use sling only as needed
- Continue elbow, wrist and finger motion, periscapular isometrics
- Begin Formal PT AND Three time daily (TID) home exercise program (HEP)
 - Shoulder 4 quadrant PROM, AAROM, AROM
 - Pulleys, table slides, supine wand exercises in all planes
- No lifting > weight of coffee cup

Phase 3: Week 6-12 weeks (following clinical fracture healing)

- Discontinue sling altogether
- Phase I and II cuff strengthening
- Periscapular, complete extremity, core strengthening
- Activities as tolerated (if there are signs of bony healing)
 - Independent home exercise program
 - Return to sport
 - Work hardening

More info: twincitiesshoulderandelbow.com/clavicle-shoulder-elbow-specialist-minneapolis-saint-paul.html