

Twincitiesshoulderandelbow.com
Dr. Chad Myeroff's Rehabilitation Protocol

Rib Fracture / Chest Wall – ORIF

Three times per day home exercise program including:

Phase 1: Week 0-6

- Posture and periscapular isometrics
- Incentive spirometry every hour
- Preference for upright or seated posture as able
- Should ambulate at least TID
- Weight bearing as tolerated for transfers and mobilization
 - No lifting > weight of coffee cup overhead
 - Avoid excessive bending and twisting

Phase 2: Week 6-12 weeks

- Add upper extremity and core conditioning
- Lift no more than 5# overhead

Phase 3: 12-18 weeks

- Activities as tolerated without restrictions
 - Independent home exercise program
 - Return to sport
 - Work hardening

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