

# Keith Corpus, MD

## ORIF Clavicle

---

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
<b>Weeks 0-4</b> PT 1x/week HEP daily	Edema and pain control Protect surgical repair FF 120°, ER 40° IR behind back	Sling except exercises & shower No active FF or abduction Non weight bearing	Elbow, wrist, hand ROM Gripping exercises Codman/Pendulum Supine passive FF to 120° ER to 45°
<b>Weeks 4-8</b> PT 1-2x/week HEP daily	Full PROM	Wear sling in public No sling for ADL's Avoid active FF or abduction Non weight bearing	Advance P → AAROM Max FF 140° until 6 weeks then advance Max ER 45° until 6 weeks then advance Submaximal sometrics biceps, deltoid, triceps, ER, and IR Posture training
<b>Weeks 8-12</b> PT 1-2x/week HEP daily	Full ROM Scapularhumeral rhythm Restore strength 5/5 Improve endurance	Avoid rotator cuff irritation	Advance strengthening as tolerated
<b>Weeks 12+</b> HEP daily	Return to activity	Return to sport (MD directed)	Maintenance exercises