



# Indiana University Health

IU Health Physicians Orthopedics & Sports Medicine

## CLAVICLE OPEN REDUCTION INTERNAL FIXATION (ORIF)

### PHYSICAL THERAPY PROTOCOL

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**Patient:** \_\_\_\_\_

**Date of Surgery:** \_\_\_\_\_

**Frequency:** \_\_\_\_\_ x/week x \_\_\_\_\_ weeks

\_\_ **Phase I (0-1 wks):** *Initial wound healing, fracture consolidation.*

-No formal PT.

-ROM at home (Codmans, elbow/wrist ROM in sling)

\_\_ **Phase II (1-3 wks):** *Protected ROM.*

-Start formal PT

-Sling at all times (may remove for showering)

-Supervised A+PROM forward elevation, IR/ER with arm at side



\_\_ **Phase III (3-6 wks): *Begin strengthening.***

- D/C sling at 3 wks
- Continue A+PROM flex, IR/ER with arm at side
  - goals by 6 wks: flex >140 deg, ER @ side >40 deg
- Begin isometric and active-assisted cuff and periscapular strengthening (below shoulder level) and progress as tolerated.

\_\_ **Phase IV (6-12 wks): *Advance strengthening.***

- Progress A+PROM in all planes
- Start gentle active cuff and periscapular strengthening (below shoulder level); advance as tolerated.

\_\_ **Phase IV (3-6 mos): *Sport-specific***

- Maintenance program of cuff and periscapular stretching/strengthening
- Transition to sport/labor-specific activities

**By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary. This patient \_\_ would \_\_ would not benefit from social services.**

\_\_\_\_\_

**Date:** \_\_\_\_\_

**Bryan M. Saltzman, MD**