

CLAVICLE ORIF

Dr. Mark McCarthy
 Chippewa Valley Orthopedics & Sports Medicine
 1200 OakLeaf Way, Suite A 757 Lakeland Drive, Suite B
 Altoona, WI 54720 Chippewa Falls, WI 54729

Patient _____
 DOS _____

	POW 0-2	POW 2-3	POW 3-6	POW 6-8	POW 8-12	POW 12-16	4-5 Months
PROM	None		Flexion 90° ER 45° Extension 20°	To tolerance			
A/AROM	None			To tolerance Goals: Full Extension/Rotation Flexion 135° Abduction 120°		Gradual return to full AROM	
Sling	Immobilized at all times day/night Off for hygiene and gentle exercises only	Worn during daytime only		None			
Exercises	Elbow, wrist, grip strengthening at home only	Codmans Posterior capsule mobs Avoid anterior capsule stretch Avoid Extension >20° Closed chain scapular exercises		Continue previous Swiss ball roll Wand supine Flex/ER Wand standing Flex/ER Table Flex/ER Bicep curls Triceps	Continue previous Rhythmic stabilization Deltoid/RCR isometrics (Flex, Ext, Abd, Add, IR, ER) Tubing Rows, Ext, IR/ER ≤ 90° Standing "I", "Y", "T" Sidelying ER Bent Rows/Ext SA punches "W" Tubing	≥ 90° Standing "I", "Y", "T" Advance rhythmic stabilization – body blade, wall dribble Begin plyometric and throwing program PNF D1 & D2 Cycling and running ok at 12 weeks with MD clearance	Maintain ROM and flexibility Return to full activity per MD clearance

Any Questions? Please contact:
Northwoods Therapy Associates
 Altoona, WI (715) 839-9266/ Chippewa Falls, WI (715) 723-5060